



## Non-Medication Approaches to Manage & Prevent Diarrhea

- Stay Hydrated: Have 8 ounces of liquid after each loose stool. Sip fluids all day.
- Eat salty foods such as pretzels and saltines, along with high potassium foods such as potatoes, bananas, coconut water, and Gatorade to help replace sodium and potassium in your body if you are having diarrhea.
- Talk to your doctor or nurse before using medication.

### DIET: EAT MORE

- Low fiber starches: white flour breads/pasta, saltines, pretzels, white rice, Cornflakes, Rice Krispies, Kix, and Special K. Grits, cream of wheat, strained oatmeal. Potatoes – do not eat the skin.
- Cooked green beans, carrots, beets, peeled asparagus, or their tips, peeled and seeded squash and zucchini. Tomato or vegetable juice is fine in limited quantities.
- Cooked, peeled fruits like apples, pears, peaches. Canned fruit like unsweetened applesauce, fruit cocktail, pears, peaches, mandarin oranges. Bananas, small servings of melon.
- Soups made with allowed ingredients – chicken noodle, chicken rice, tomato, etc.
- Tender poultry, fish, beef, or pork. Eggs, cheese, creamy peanut butter.
- Angel food cake, vanilla wafers, ginger snaps.
- Drink diluted juice, coconut water, Gatorade, Body Armor, Liquid IV, broth, water.
- Use lactose-free dairy milk, cottage cheese or ice cream. Try soy, almond, oat, or rice milk if you are lactose intolerant.
- Cheese is generally okay. Small amounts of yogurt are often helpful.
- Eat frequent, small meals and snacks. Avoid drinking too much with your meals.

### DIET: EAT LESS

- High fiber foods like wheat bran, bran cereals, whole wheat bread/pasta, brown rice.
- Most vegetables like greens, green leafy vegetables, cabbage, broccoli, etc. All raw vegetables. High fiber starchy vegetables like corn, peas and beans, skins of potatoes.
- Fruit with peel or seeds like berries, grapes, cherries. Peel fruits when possible.
- Dairy products with lactose like milk, cottage cheese and ice cream.
- Limit greasy or fried food. Limit high sugar foods like soft drinks, desserts, supplements.
- Avoid sugarless gum or sugar-free candy made with sorbitol.