

## **Nutritional Suggestions for Diarrhea**

Diarrhea can cause excessive losses of fluids leading to dehydration and electrolyte imbalance. Many people can effectively control symptoms with dietary modification. Additionally, drinking adequate amounts of water, natural sports drinks and coconut water will help prevent dehydration. Consultation with a dietitian will ensure that all nutrient needs are being met while managing diarrhea.

### **Foods That May *Decrease* Diarrhea:**

*Small meals with mild flavors may be helpful*

- Broiled chicken, beef, pork, or fish with white rice or boiled skinless potatoes and cooked vegetables (see easy to digest list)
- Chicken noodle soup, carrot soup with toast
- Congee (see recipe)
- Applesauce with carob powder

### ***Easy to digest vegetables and fruits***

- Zucchini (peeled)
- Cooked asparagus
- Cooked green beans
- Cooked carrots and beets
- Mushrooms
- Polenta
- Apples, peaches and pears (skinless)

### ***Foods rich in soluble fiber***

- Oatmeal, flax meal, chia seeds
- Applesauce, Banana
- Sweet potatoes or winter squash (no skin)
- Carob powder, psyllium

### ***Non-carbonated beverages to replace fluid loss***

- Water
- Natural sports drinks, coconut water
- Soup broth (see Bone Broth recipe)
- Herbal tea - caffeine free (chamomile)

### ***Potassium rich foods to replace electrolytes***

- Banana, mango and papaya
- Skinless potatoes, sweet potatoes, acorn squash, winter squash

### **Natural Remedies:**

- Yogurt with live cultures
- Mucilage herbs (aloe vera, marshmallow root, slippery elm)
- Carob powder in apple sauce
- Bone broth or bone soup (recipe below)
- Congee (recipe below)

### **Dietary Supplements:**

*Follow instructions from medical provider for use*

- Soluble fiber supplements (Acacia, Psyllium, Flax meal, Chia Seeds, Mucilage herbs such as slippery elm and marshmallow root)
- Glutamine
- Probiotics (*Lactobacillus* GG for children, *Saccharomyces boulardii* for adults)
- Multivitamin to replace lost nutrients

### **Foods That May *Increase* Diarrhea:**

*Large meals, spicy or highly seasoned foods, and greasy, fatty or fried foods*

### ***Hard to digest meals and foods***

- Greasy, fried and fatty foods
- Processed fast foods
- Spicy food
- Broccoli, cauliflower, cabbage
- Peppers
- Onions and garlic
- Beans, chickpeas, peas (legumes)
- Leafy green vegetables
- Berries, prunes
- Vegetables and fruits with skins and seeds

## Foods That May Increase Diarrhea Continued:

### Lactose Containing Foods

- Milk and soft cheese

### Gas forming sweeteners, beverages and food additives

- Sorbitol and Xylitol (often found in chewing gum)
- Excess sugar
- Fruit juice
- Carbonated drinks
- Alcohol and caffeine
- Soymilk

### Fibrous foods

- Whole grain breads, cereals and pastas
- Beans (legumes)
- Raw vegetables and salads
- Bran
- Nuts and seeds (nut butters may be tolerated)

### Dietary Supplements to avoid:

Consult medical provider prior to use

- Vitamin C
- Senna
- Magnesium

For persistent diarrhea, eat Congee three times a day or more, plus fluids.

### Congee

1 cup white rice  
6 cups water or bone broth  
1 teaspoon salt

Cook until soft for about 40 minutes. Let thicken for 15 minutes. This will be the consistency of thin porridge or thick soup.

### Bone Broth

**Bones**—from poultry, beef, lamb, fish or shellfish

- \* raw bones, with or without skin and meat (raw bones and meat may be browned first in the oven, or in the bottom of the stockpot to enhance flavor and color)
- \* use a whole carcass or just parts (good choices include feet, ribs, necks and knuckles)

**Vegetables**—peelings, ends, tops and skins or entire vegetables may be used

- \* celery, carrots, onions, garlic and parsley are traditional, but any will do
- \* if added towards the end of cooking, mineral content will be higher

**Vinegar**—any type, 2 tablespoons per 1 quart water

**Water**—cold, filtered water to cover

Combine all ingredients in a large stainless steel pot or pressure cooker. Bring to a boil and remove any scum that has risen to the top. Reduce heat, cover and simmer 6–24 hours (3-12 hours if using a pressure cooker). To reduce cooking time, smash or cut bones into small pieces before cooking. If desired, add vegetables in last half hour of cooking. Strain through a colander or sieve lined with cheesecloth for a clearer broth. If uncooked meat was used to start with, reserve the meat for soup or salads.

If you wish to remove the fat, use a gravy separator while the broth is warm or skim the fat off the top once refrigerated. Cold broth will gel when sufficient gelatin is present. Broth may be frozen for months or kept in the refrigerator for about 5 days.

### References:

1. Kaneshir, NK. *When you or your child have diarrhea*. MedlinePlus. (Dec 2012). <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000121.htm>.
2. *Diarrhea*. Natural Standard Monograph. (2014) <https://naturalmedicines-therapeuticresearch-com.buproxy.bastyr.edu/databases/medical-conditions/d/diarrhea.aspx>.
3. Escott-Stump, S. *Nutrition and Diagnosis – Related Care*. Lippincott Williams & Wilkins: Baltimore. 2012.