

DIARRHEA DIET TIPS

Want to work with a Dietitian? Schedule a free 30-minute discovery call with Danielle Starmer, RD LDN at www.starmernutrition.com

There are many causes of diarrhea. It may be due to medications, medical treatment, and various conditions. **Always check with your doctor if your diarrhea is persistent,** because this may be an indication that there is an underlying issue.

Symptoms

- More frequent bowel movement with a sense of urgency
- Loose, watery stools
- Bloating

Nutrition Tips for Diarrhea

- Sometimes blander foods may help, such as rice, applesauce, white toast, noodles, chicken breast, white fish, cottage cheese, smooth yogurt, etc.
- Choose smaller and more frequent meals. Try to eat every 3 to 4 hours.
- Avoid greasy, spicy, highly seasoned, and very sweet/sugary foods.
- When having a diarrhea flare-up, avoid raw vegetables and the skins, seeds, and stringy fibers of unpeeled fruits. After diarrhea subsides, gradually resume your intakes of higher fiber foods, fruits, and vegetables to help prevent further flare-ups.
- Limit the use of sugar-free gums and candies made with sorbitol, as these can cause gas, bloating, and diarrhea.
- If you suspect that your diarrhea may be due to lactose intolerance, try limiting milk and other dairy products to see if symptoms improve.

Lifestyle Changes That May Help

- **Being on dialysis makes you more susceptible to foodborne illness.** Prevent diarrhea by washing your hands frequently and properly with soap. Wash before and after handling and preparing food. Store and cook food properly and never eat undercooked meat.

Remember that what works for others may not work for you. For personalized nutrition counseling and support, schedule a free discovery call with Registered Dietitian Danielle Starmer today at www.starmernutrition.com