



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

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# Diarrhea

## What is diarrhea?

Diarrhea is a change in stool content to water content or an increase in the frequency of bowel movements, often both together.

## What are the most important nutritional tips to control diarrhea?

- Make sure to eat small and multiple meals every 3 or 4 hours.
- Avoid foods that cause gas and fatty food.
- Avoid citrus fruits and their juices.
- Avoid hot meals or concentrated flavor and spices if they cause an increase in diarrhea symptoms.
- Eat food high in soluble fiber such as oats, apples, citrus fruits, carrots, barley, peas and beans.
- Avoid caffeine.
- Eat boiled rice, bananas, and potatoes.
- Use low-lactose products such as yogurt.



## What are gas-producing food?

avocado	asparagus
cucumber	broccoli
Cauliflower	Celery
Wheat	eggplant
Garlic	Artichoke
leeks	cabbage
Prunes	Peppers
	turnip



## What are gas-producing foods

eggs	apple
bran	barley
Carbonated beverages	raisins
fried food	coconut
fish	Figs
Lentils	onion
nuts	milk
Legumes	Soybeans



# Recommended and not recommended food

Dairy	
<b>Recommended food</b>	Buttermilk, evaporated skim and low fat milk, soy milk, yogurt, powdered milk and cheese.
<b>Food not recommended</b>	Whole milk, cream, sour cream, regular (whole milk) ice cream, yogurt with dried fruits, berries or nuts, and cheese.
<b>Notes</b>	If you have lactose intolerance, drinking milk products may cause diarrhea, try lactose free products.



# Recommended and not recommended food

Grains	
<b>Recommended food</b>	Bread, crackers, pasta made from white or refined flour, white rice, cereals made from refined grains (corn flakes) without added fiber.
<b>Food not recommended</b>	Whole wheat or whole grain breads, cracker or pasta, brown rice, barley, oats and other whole grains, cereal made from whole grain or bran, breads or cereal made with seeds or nuts, popcorn.
<b>Notes</b>	Choose grain foods with less than 2 g dietary fiber per serving.



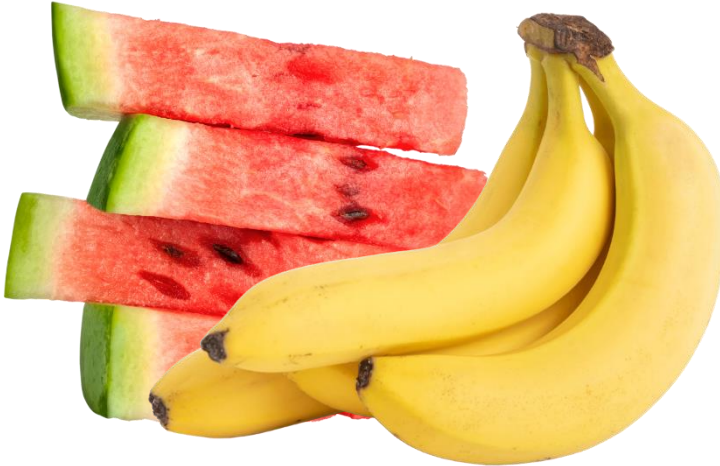
# Recommended and not recommended food

Proteins	
<b>Recommended food</b>	Fried meat, poultry or fish, sausage, hot dogs, nuts
<b>Food not recommended</b>	Tender, well-cooked meat, poultry, fish, egg or soy foods made without added fat.



# Recommended and not recommended food

Fruits	
<b>Recommended food</b>	Fruit juice without pulp, ripe bananas, melons, canned soft fruits
<b>Food not recommended</b>	All raw fruits except banana and melons, and any dried fruits, fruit juice with pulp, fruits sweetened with sorbitol, prune juice.





# Recommended and not recommended food

Vegetables	
<b>Recommended food</b>	Potatoes without skin, lettuce.
<b>Food not recommended</b>	Raw vegetables (except lettuce), fried vegetables, beets, broccoli, cabbage, cauliflower, corn, potato skins, turnip greens.

Fats	
Fats include oil, butter, cream, cream cheese, mayonnaise, margarine and salad dressings	
<b>Notes</b>	Limit fats to less than 8 teaspoons a day



# Recommended and not recommended food

Beverages	
<b>Recommended food</b>	Water, decaffeinated coffee, caffeine free teas, soft drinks without caffeine.
<b>Food not recommended</b>	Beverages containing caffeine, including regular coffee, regular tea, colas, and energy drinks. Limit beverages containing high fructose corn syrup to 12 ounces per day. Avoid beverages sweetened with sorbitol.
<b>Notes</b>	Healthy people needs 8 to 10 cups of fluid each day. You may need to drink more to replace fluids lost to diarrhea.



### **Sources and references:**

- Academy of Nutrition and Dietetics (Nutrition Care Manual) , 2021-2022
- All illustrations used are from Canva.com

### **Review and audit:**

The content of this booklet has been written and reviewed by  
Clinical Nutrition at King Fahad University Hospital.

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