

FOOD RECOMMENDATIONS FOR PATIENTS WITH DIARRHEA

Dear patient,

In order to ensure a reliable result, please follow the instructions below:

- Do not consume milk or foods containing milk. You may use lactose-free milk if you tolerate it (for example, commercial infant formulas without lactose) or soy drinks.
- **Vegetables:** Preferably, consume carrots, beans, beets and squash; prepare them steamed.
- **Fruits:** Prefer pink guava, banana, pears and apples. You may eat them in their natural form without peel, in compotes or in juices.
- A main meal (as lunch or dinner) may include:
 - Soup: plantain or guineos, rice, pasta, or potato.
 - Rice
 - Potato, cassava or ripe plaintain, cooked or baked.
 - Chicken without skin, fish or lean beef.
 - Steamed carrots, beans, pumpkins and/or beets.
 - Salt to taste.
- Use only vegetable fat (for example, corn, sunflower or canola oil).
- To flavor your meals, use natural products, such as vinegar, garlic, onion, tomato, thyme, bay leaf, coriander, parsley and oregano.
- To help replace fluids lost, prefer the following beverages:
 - Oral rehydration salts (packs with powder to mix in water).
 - Oral rehydration solutions (ready-to-use liquids).

Do not use soft drinks to "treat" diarrhea.

- Prefer natural food, prepared at home.
- During diarrhea, avoid the consumption of:
 - Margarine, butter, sour cream, cream cheese and mayonnaise.

- Fried foods.
 - Whole-grain products (whole-grain bread, crackers, toasts, brown rice).
 - **Cold cuts:** ham, sausages, mortadella, Spanish sausage.
 - **Sausages:** cured sausage, blood sausage.
 - Bacon.
 - Canned products.
 - Calf, chicken and pork offal (liver, spleen, and kidney).
 - **Seafood:** shrimps, prawns, lobster.
 - **Legumes:** beans, lentils, broad beans, white beans, chickpeas.
 - Rehydration drinks for athletes (as Gatorade); they do not provide enough concentrations of sodium and potassium as required for diarrhea treatment.
- Reduce at the minimum sugar, honey and brown sugar intake, or foods containing them.

If diarrhea persists, it is very important to visit your nutritionist and/or your doctor.
Do not self-medicate.

Remember that according to Law 100/1993, it is the patients' DUTY to take self-care measures and adhere to their Treating Physician recommendations.