

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.