

# What to Eat When You Have Diarrhea

## Foods

- Eat small meals and snacks often during the day.
- Avoid foods that are greasy, fatty or fried (such as donuts, fried chicken or potato chips).
- Limit high-fiber foods:
  - whole grains
  - dried beans
  - dried fruits
  - raw vegetables
  - nuts
  - fruit skins.

Once the diarrhea ends, slowly add high-fiber foods back into your diet.

- Try foods such as:
  - applesauce
  - oatmeal
  - bananas
  - rice
  - potatoes
  - white bread
  - chicken
  - fish
  - eggs
  - smooth peanut butter.

- Limit spicy foods.
- Limit sugar-free candies and gums that contain sorbitol.

## Beverages

- Drink lots of fluids.
- Avoid very hot or cold beverages. Try fluids at room temperature.
- Avoid large amounts of sweetened fruit drinks or regular soda if they make the diarrhea worse.
- Limit beverages that have caffeine.
- Limit milk or milk products if they make the diarrhea worse.