

## Diarrhea Nutrition Therapy —Tips for Children with Diarrhea

- Drink plenty of fluids — your child’s dietitian or doctor can tell you how much your child should drink.
- Avoid juice and very sugary drinks.
- Eat frequent, small meals instead of three large meals a day.
- Avoid foods that are high in fat, fiber, or sugar. Also, stay away from spicy foods.
- Don’t eat foods that are really hot or very cold.
- Lactose (the sugar in milk) may increase diarrhea. Try lactose-free products, such as soy milk or soy yogurt, in place of milk and dairy foods.

| FOOD GROUP                          | RECOMMENDED FOODS   | FOOD GROUP                          | FOODS NOT RECOMMENDED   |
|-------------------------------------|---|-------------------------------------|---|
| <b>Grains</b>                       | <ul style="list-style-type: none"> <li>• Noodles</li> <li>• Rice</li> <li>• Saltines</li> <li>• Pretzels</li> <li>• Oatmeal</li> <li>• Toast</li> </ul> | <b>Grains</b>                       | <ul style="list-style-type: none"> <li>• Grain dishes that are high in fat or sugar (such as pastries)</li> <li>• Whole grain products</li> </ul>                         |
| <b>Meat and Other Protein Foods</b> | <ul style="list-style-type: none"> <li>• Hard-boiled egg</li> <li>• Soft, well-cooked meats</li> </ul>  | <b>Meat and Other Protein Foods</b> | <ul style="list-style-type: none"> <li>• Fried or fatty meats (fried chicken, sausage, bacon)</li> <li>• Processed meats (deli meat, hot dogs)</li> <li>• Nuts</li> </ul> |
| <b>Milk and Milk Foods</b>          | <ul style="list-style-type: none"> <li>• Yogurt with live cultures</li> <li>• Lactose-free milks</li> </ul>   | <b>Milk and Milk Foods</b>          | <ul style="list-style-type: none"> <li>• Whole milk</li> <li>• Ice cream</li> </ul>   |
| <b>Vegetables</b>                   | <ul style="list-style-type: none"> <li>• Mashed potatoes</li> <li>• Well-cooked carrots</li> <li>• Green beans</li> </ul>                               | <b>Vegetables</b>                   | <ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Corn</li> <li>• Raw vegetables</li> <li>• Cauliflower</li> <li>• Fried vegetables</li> </ul>                 |
| <b>Fruits</b>                       | <ul style="list-style-type: none"> <li>• Melon</li> <li>• Applesauce</li> <li>• Banana</li> </ul>   | <b>Fruits</b>                       | <ul style="list-style-type: none"> <li>• Raw fruits with skin</li> <li>• Dried fruits</li> <li>• Fruits in heavy syrup</li> </ul>   |
| <b>Other</b>                        | <ul style="list-style-type: none"> <li>• Gelatin desserts</li> <li>• Caffeine-free beverages</li> </ul>   | <b>Other</b>                        | <ul style="list-style-type: none"> <li>• Foods sweetened with the artificial sweeteners sorbitol or xylitol</li> <li>• Foods and beverages with caffeine</li> </ul>       |

## Sample 1-Day Menu for a Child with Diarrhea

This menu is appropriate for a 7- to 10-year old child with diarrhea. Ask a registered dietitian if this is right for your child, or what changes may need to be made.

|                  |   |
|------------------|---|
| <b>Breakfast</b> | <ul style="list-style-type: none"><li>• 1 cup Rice Krispies</li><li>• 1 cup vanilla soy milk</li><li>• ½ ripe banana</li></ul>  |
| <b>Snack</b>     | <ul style="list-style-type: none"><li>• 1 cup decaffeinated tea</li><li>• 6 ounces yogurt or 2 graham cracker rectangles</li></ul>  |
| <b>Lunch</b>     | <ul style="list-style-type: none"><li>• 2 cups chicken rice soup with 2 ounces of added chicken</li><li>• ¼ cup cooked carrots</li><li>• 1 slice white toast with thin spread of jelly</li><li>• ½ cup applesauce</li><li>• Snack</li></ul>   |
| <b>Snack</b>     | <ul style="list-style-type: none"><li>• 2 or 3 saltine crackers</li><li>• 1 cup fruit juice without pulp</li></ul>  |
| <b>Dinner</b>    | <ul style="list-style-type: none"><li>• 4 to 6 ounces baked fish topped with bread crumbs, a squeeze of lemon, and 1 teaspoon butter or margarine</li><li>• ½ cup mashed potato without skins</li><li>• ½ cup green beans, cooked well</li><li>• 1½ cups water or other caffeine-free beverages</li></ul> |
| <b>Snack</b>     | <ul style="list-style-type: none"><li>• ½ cup sorbet</li><li>• 1 cup sugar-free hot chocolate made with water or soy milk</li></ul>   |

1,685 kcal; 110 g protein; 252 g carbohydrate; 15 g fiber; 28 g fat.