

81 FAMILY CLINIC

Dietary Recommendations for Diarrhoea

Recommended Foods	Not Recommended
<p>8–12 cups of clear fluids per day</p> <ul style="list-style-type: none">• Clear broth• Clear carbonated beverages• Fruit-flavored drinks• Sports drinks• Tea• Water <p>Food</p> <ul style="list-style-type: none">• Boiled potatoes• Crackers• Hot cereal• Pretzels• Rice• Toast• Skinless chicken (not fried) <p>Sweets</p> <ul style="list-style-type: none">• Angel food cake• Canned fruit• Gelatin• Sherbet• Yogurt	<p>Beverages</p> <ul style="list-style-type: none">• Caffeine• Milk products• Soy products <p>Food</p> <ul style="list-style-type: none">• Dairy (cheese, sour cream)• Spicy foods• Gas-producing foods (beans, broccoli)• Greasy foods• Items from fast food restaurants (tend to be fried and/or highly processed)