

Snacks Ideas

NUTRITION IDEAS FOR WHAT TO EAT WHEN YO HAVE DIARRHEA

Tips & Tricks

Limit:

Whole nuts & seeds
The skin and seeds of fruits & veggies
Milk products with lactose
Whole grain products (cereals, pasta, brown rice, quinoa)

Keep in Mind

Small portions of foods that are bland & low in fiber or fat tend to be easiest to digest.
Avoid very hot or cold foods/beverages

Food Ideas

Fruits

1/2 cup baked apples (w/o skin) or applesauce + 1/2 cup plain Greek yogurt (or nondairy)

1/2 ripe banana + 1 tbsp smooth peanut butter

1/2 cup cantaloupe + 1/2 cup lactose free cottage cheese



Carbs + Proteins

1/2 plain toasted bagel + 1-2 slices smoked salmon, 1 small slice avocado

1/2 english muffin + 1 hardboiled egg

1 slice white toast + 1 tbsp smooth nut butter



Sweet Snacks

~5 graham crackers + 1/2 cup plain Greek yogurt

Smoothie: 1 scoop protein powder + 1 tbsp creamy peanut butter + 1/2 ripe banana + 1 cup unsweetened almond or oat milk



Salty Snacks

~5 Saltines or rice crackers + 1 tbsp creamy peanut butter

1/2 cup pretzels + 1 sharp cheddar cheese stick/1 oz

1 tortilla + 1/4 avocado mashed + 2 oz sliced turkey breast



ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS & SUPPLEMENTS