



FOODS TO MANAGE DIARRRHEA

<input type="checkbox"/>  Low-Fiber Carbohydrates	<input type="checkbox"/>  Eggs	<input type="checkbox"/>  Lean Protein
<input type="checkbox"/>  Broth-Based Soup	<input type="checkbox"/>  Oatmeal	<input type="checkbox"/>  Applesauce
<input type="checkbox"/>  Yogurt	<input type="checkbox"/>  Caffeine-Free Beverages	<input type="checkbox"/>  Bananas
<input type="checkbox"/>  Skinless Fruit	<input type="checkbox"/>  Peeled Potatoes	<input type="checkbox"/>  Soft/Well-Cooked Vegetables

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Eat 6 to 8
SMALL MEALS
or snacks
each day.

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Choose
BLAND, LOW-FAT FOODS
instead of
spicy ones

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Stay well
HYDRATED
by drinking at
least 8-10 cups
of liquid daily

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Drink additional
FLUID
after each loose
bowel movement

CALL YOUR DOCTOR

immediately if you have diarrhea for more than 24 hours, or are experiencing pain, cramping or blood in your stools.