

nourishment notes

Cancer – Diarrhea

Nourishment Notes



Apples

Apples contain water-absorbing soluble fiber and are a key component to the BRAT (bananas, rice, applesauce, toast) diet. The BRAT diet may be beneficial for improving diarrhea symptoms.



Bananas

Bananas are a key component to the BRAT (bananas, rice, applesauce, toast) diet. Bananas help bind water and slow digestion, minimizing bathroom trips.



Barley

Barley is a wonderful source of soluble fiber. Soluble fiber helps to absorb water and add bulk to stool, potentially improving diarrhea symptoms.



Black Beans

Black beans are a great source of water absorbing soluble fiber, which may provide diarrhea relief.



Chia Seeds

Chia seeds are rich in anti-inflammatory omega-3 fatty acids as well as soluble fiber. Soluble fiber may be beneficial for preventing diarrhea.



Chicken Broth

Chicken broth is an excellent choice when dealing with diarrhea. It is easy on the stomach, helps prevent dehydration, and provides important electrolytes, like sodium.

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♥ Ginger

For some, stomach discomfort may occur with diarrhea. Ginger is known for its anti-nausea properties and ability to help reduce stomach discomfort.



♥ Green Beans

Green beans may be a tolerable food for people with digestive issues, such as diarrhea. Green beans also contain folate, vitamin C and vitamin A.



♥ Oatmeal/Oats/Old Fashioned Oats/Rolled Oats

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water in the bowel, potentially providing diarrhea relief.



♥ Pears

Pears are a rich source of soluble fiber. Soluble fiber may be beneficial for slowing the passage of food through the digestive tract, potentially aiding in diarrhea relief.



♥ Rice

Bland and gentle on the stomach, rice is a key component of the BRAT (bananas, rice, applesauce, toast) diet, which may be helpful for treating diarrhea.