

meals for **managing**

diarrhea



cooking for diarrhea

The recipes in this booklet were created by our team of registered dietitians, especially for people affected by diarrhea.

Certain conditions, as well as medications, can cause diarrhea. The recipes and information within this booklet are designed to help provide some relief. Always talk to your health care team about your symptoms as well.

For more information on the role of nutrition in managing your condition, please visit our website. You'll find tools and resources like shopping lists, meal plans and delicious recipes. Don't miss the *Empower Your Well-Being* section focusing on sleep, stress management and movement. You can find all of this and more at meijerspecialtypharmacy.com

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food safety tips

To help keep you and your loved ones free from foodborne illness, we've included food safety tips. These tips are noted in **red font** in both the ingredients and instructions.



recipes to help manage your diarrhea

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Banana Yogurt Parfait

Breakfast • Snack

🕒 10 Mins Prep • 0 Mins Cook • 10 Mins Total

👤 4 Servings

Creamy yogurt, sweet banana and crunchy bits of yumminess.

ingredients

3 Cups Pasteurized Low-Fat Vanilla
Greek Yogurt 🍴❤️

2 Large, Ripe Bananas, sliced 🍴❤️

1 Cup Dry Cereal (like Cheerios®)

Cinnamon, to taste 🍴❤️

what you'll need

Measuring Cups

Serving Bowls (4)

Spoon

Cutting Board

Knife

nutritional info

228 Calories **1g** Fat

37g Carbs **16g** Protein

allergen swap

Dairy: Replace the yogurt with a dairy-free version.

Gluten: Choose a gluten-free dry cereal.

Banana Yogurt Parfait

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Layer Ingredients into Bowls

Layer $\frac{3}{4}$ cup yogurt, $\frac{1}{4}$ of the sliced bananas and $\frac{1}{4}$ cup of the cereal into each of the four serving bowls.

3. Sprinkle with Cinnamon

Sprinkle with cinnamon, if desired.

4. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [tasteofhome.com](https://www.tasteofhome.com)

Nourishment Note



Bananas

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



Cinnamon

Cinnamon contains many antioxidants that may help reduce inflammation associated with diarrhea.



Greek Yogurt

Yogurt contains probiotics that may be helpful in restoring gut health and the protein is important to helping maintain strength. Low-fat yogurt is a better option, compared to full-fat, because high-fat foods can often make diarrhea worse.

fatigue buster

Ask for Assistance: Ask a friend or family member to help make this dish.



Breakfast Sweet Potato

Breakfast • Snack

🕒 5 Mins Prep • 50–60 Mins Cook • 65 Mins Total

👤 2 Servings

An unexpected, yet delicious,
way to start your day!

ingredients

2 Sweet Potatoes (scrub under cold
running water) 🍷

1 Container (5.3 oz) Pasteurized
Low-Fat Vanilla Yogurt 🍷

1 Banana, sliced 🍷

½ Cup Granola

¼ Tsp Ground Cinnamon

nutritional info

338 Calories 3g Fat

67g Carbs 14g Protein

what you'll need

Fork

Baking Sheet

Parchment Paper

Measuring Cup

Measuring Spoon

Knife

Bowls (2)

allergen swap

Dairy: Use a non-dairy yogurt
alternative.

Nuts: Use a granola without
nuts or omit granola.

Gluten: Use a gluten-free granola.

Breakfast Sweet Potato

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Preheat Oven

Preheat oven to 425°F. Line a baking sheet with parchment paper.

3. Poke Sweet Potatoes

Using a fork, poke the sweet potatoes evenly on all sides (about 10 times) and place the potatoes on to the prepared baking sheet.

4. Bake Potatoes

Bake potatoes for 30 minutes. Flip potatoes, then continue to bake for an additional 20–30 minutes, until potatoes are soft and cooked through. Remove from oven and allow to cool.

5. Add Toppings to Potatoes

When cool enough to handle, cut potatoes lengthwise and scoop out flesh into two bowls. Discard skins. Top each bowl with vanilla yogurt, $\frac{1}{2}$ of the sliced banana, $\frac{1}{4}$ cup granola and $\frac{1}{8}$ tsp cinnamon.

6. Enjoy

Eat and enjoy!

7. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

Nourishment Note



Bananas

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



Sweet Potatoes

The flesh of sweet potatoes is rich in soluble fiber, the type of fiber that absorbs water and adds bulk to stool, potentially improving diarrhea symptoms. **Remember:** The skin contains insoluble fiber which may make diarrhea symptoms worse!



Yogurt

Yogurt contains probiotics that may be helpful in restoring gut health and the protein is important to helping maintain strength. Low-fat yogurt is a better option, compared to full-fat, because high-fat foods can often make diarrhea worse.

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Sweet Potatoes: Bake sweet potatoes the night before and re-heat in the morning. For extra time savings, microwave sweet potato, after puncturing with a fork 4-5 times, on a microwave-safe plate for 5 minutes, turning halfway through. If the sweet potato is still firm, continue to microwave at 30 second intervals until tender.



Carrot Applesauce Muffins

Breakfast • Snack

🕒 10 Mins Prep • 20 Mins Cook • 30 Mins Total

👤 12 Servings • 1 Muffin Serving Size

The perfect grab and go breakfast or snack!

Ingredients

1½ Cups Peeled, Shredded Carrots (approximately ¾ lb) wash under cold, running water before shredding

½ Cup Canola Oil

⅓ Cup Maple Syrup

1 Egg

¾ Cup Unsweetened Applesauce 🍷

1 Tsp Vanilla Extract

1½ Cups Flour

¼ Cup Ground Flaxseed 🍷

1 Tsp Baking Soda

1 Tsp Ground Cinnamon

Optional: **¼ Cup** Mini Chocolate Chips

Nutritional Info

227 Calories

12g Fat

25g Carbs

3g Protein

What you'll need

Food Processor or Box Grater

Vegetable Peeler

Knife

Cutting Board

Large Bowl

Paper Towels

Rubber Scraper

Mixing Spoon

Measuring Spoons & Cups

Muffin Tin & Liners

Allergen Swap

Gluten: Substitute flour for a cup-for-cup gluten-free flour alternative.

Egg: Mix 1 Tbsp chia seeds or ground flax seeds with 3 Tbsp hot water, set aside to thicken to egg white consistency. 3 ½ Tbsp of mixture = 1 egg.

Carrot Applesauce Muffins

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Preheat Oven

Preheat oven to 375°F. Line muffin tin with paper liners.

3. Shred Carrots

Roughly chop carrots and place in a food processor to shred (or shred with a box grater). Once shredded, place carrots in a clean paper towel and squeeze out excess water.

4. Make Muffin Batter

In a large bowl, combine shredded carrots, canola oil, maple syrup, egg, applesauce and vanilla extract. Mix until well combined. Add the flour, ground flaxseed, baking soda and cinnamon. Mix again until well combined. Fold in chocolate chips, if using.
Do not eat raw muffin batter.

5. Bake Muffins and Enjoy

Scoop batter into 12 lined muffin tins and bake for 20 minutes or until a toothpick inserted into the center comes out clean. Allow to cool and enjoy!

6. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

Nourishment Note



Applesauce

Applesauce contains pectin, a type of soluble fiber. Soluble fiber helps to absorb water and add bulk to stool, potentially preventing diarrhea.



Flaxseed

Ground flaxseed is rich in anti-inflammatory omega-3 fatty acids as well as soluble fiber. Soluble fiber may be beneficial for preventing diarrhea.

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Ask for Assistance: Ask a friend or family member to help you prepare this recipe.

Freeze Extra: Store extra muffins in freezer and thaw for a quick and easy breakfast.



Plummy Honey Ricotta Toast

Breakfast • Snack

🕒 15 Mins Prep • 0 Mins Cook • 15 Mins Total

👤 2 Small Toast Servings

A delicious twist on your traditional breakfast toast.

ingredients

3 Small Plums, pitted and diced (wash under cold, running water before dicing) 🍷

¼ Tsp Cinnamon

¼ Tsp Vanilla Extract

½ Cup Pasteurized Low-Fat Ricotta Cheese

2 Tbsp Honey + more for drizzling

4 Baguette Slices

Optional: Flaky Sea Salt, Chopped Nuts

what you'll need

Knife

Cutting Board

Whisk

Small Bowls (2)

Spoon

Measuring Spoons

Toaster

nutritional info

314 Calories 5g Fat

57g Carbs 9g Protein

allergen swap

Dairy: Substitute the ricotta cheese with a plain, dairy-free Greek yogurt.

Gluten: Substitute the traditional bread for a gluten-free bread.

Plummy Honey Ricotta Toast

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Combine Plums, Vanilla & Cinnamon

To a small bowl, add the diced plums, vanilla and cinnamon. Stir and set aside.

3. Whisk Together Cheese & Honey

To another small bowl, whisk together the ricotta cheese and 2 Tbsp honey.

4. Toast Bread & Add Mixtures

Toast bread slices. Once toasted, top each slice with approximately 2 Tbsp of the ricotta mixture and a quarter of the plum mixture.

5. Drizzle Honey & Serve

Drizzle additional honey over each slice and sprinkle with flaky sea salt and chopped nuts, if desired.

6. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

Nourishment Note



Plums

Plums are a good source of pectin, a type of soluble fiber. Soluble fiber is important in helping absorb extra water in the gut which can help reduce diarrhea.

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Prep Ahead: Make the plum mixture one day in advance and store in the refrigerator to reduce prep time.

Ask for Assistance: Ask a friend or family member to help you prepare this recipe.



Lemon Chicken Soup

Lunch • Dinner

🕒 10 Mins Prep • 10 Mins Cook • 20 Mins Total

👤 4 Servings

Have dinner ready in 20 minutes with this tummy-taming soup.

ingredients

6 Cups Low-Sodium Chicken Broth 

½ Cup Orzo Pasta

5 Tbsp Bottled Lemon Juice

1¾ Cups Shredded Rotisserie Chicken (skin removed) 

1¼ Cup Frozen Peas and Carrots

Salt and Pepper, to taste

what you'll need

Measuring Cups

Measuring Spoons

Large Pot with Lid

Ladle

nutritional info

341 Calories **9g** Fat

14g Carbs **46g** Protein

allergen swap

Gluten: Replace the orzo pasta with a gluten-free pasta.

Lemon Chicken Soup

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Boil Chicken Broth

Bring the chicken broth to a boil in a medium saucepan over medium-high heat. Add the orzo and cook for 2 minutes less than the label directs.

3. Stir in Chicken

Stir the shredded chicken into the soup. Decrease the heat to medium and bring to a gentle simmer, stirring often.

4. Add Peas & Carrots

Cook, stirring occasionally, about 4 minutes. Stir in the peas, carrots and lemon juice and warm through. Add salt and pepper, to taste.

5. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from ***Food Network Magazine***

Nourishment Note



Chicken

Chicken is a lean source of protein. Protein needs may be higher when someone is sick or fighting an infection.



Chicken Broth

Chicken broth is easy on the stomach, helps prevent dehydration and provides important electrolytes, like sodium.



Warm Soup

When you're having tummy troubles, such as diarrhea, enjoying a warm bowl of soup can be soothing on your stomach.

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Ask for Assistance: Ask a friend or family member to help prepare this recipe.



Miso Noodle Soup

Lunch • Dinner

🕒 5 Mins Prep • 15 Mins Cook • 20 Mins Total

👤 4 Servings

A savory and flavorful way to help you feel better.

ingredients

4 Cups Vegetable Broth 🍲

½ Cup Water

3 oz. Soba Noodles, broken in half

7 oz. Extra-Firm Tofu, cubed

1 Tbsp White Miso 🍶

1 Tbsp Ginger Paste

2 Tbsp Soy Sauce

Green Onion, for garnish (optional)

what you'll need

Cutting Board

Knife

Measuring Cup

Measuring Spoons

Large Saucepan with Lid

Spoon

nutritional info

155 Calories 3g Fat

21g Carbs 11g Protein

allergen swap

Soy: Omit tofu and miso, replace soy sauce with tamari or coconut aminos.

Gluten: Replace the soba noodles with rice noodles. Use a gluten-free soy sauce.

Miso Noodle Soup

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Cook Noodles

In a large saucepan, bring vegetable broth and water to a boil. Once boiling, add the soba noodles, broken in half, to the saucepan. Return to a boil, then lower heat, cover and simmer for 5 minutes.

3. Add Ingredients

Stir in the tofu, ginger paste, soy sauce and miso to the broth and simmer for an additional 5 minutes.

4. Serve & Enjoy

Ladle soup into bowls, garnish with green onion, if desired, and enjoy!

5. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

Nourishment Note



Miso

Miso is a fermented food, providing probiotics, or beneficial bacteria, for a healthier gut. Probiotics may help to improve diarrhea symptoms.



Broth

Vegetable broth is easy on the stomach, helps prevent dehydration and provides important electrolytes, like sodium.

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Ask for Assistance: Ask a friend or family member to help you prepare this recipe.



Asian-Inspired Noodle Bowl

Lunch • Dinner

🕒 5 Mins Prep • 10-12 Mins Cook • 15-17 Mins Total 👤 6 Servings

A salty, savory noodle bowl is the perfect tummy-taming dinner.

ingredients

1 lb Angel Hair Pasta or Ramen Noodles 🍝

2 Cups Vegetable Broth 🍲

2 Tbsp Tamari Sauce

1 Lemon, zested (wash lemon before zesting)

Ground Black Pepper, to taste

what you'll need

Large Pot

Colander

Large Skillet

Measuring Cups

Measuring Spoons

Mixing Spoon

Tongs

Citrus Zester

nutritional info

272 Calories 1g Fat

57g Carbs 10g Protein

allergen swap

Gluten: Replace the regular pasta with a gluten-free option.

Ramen Noodle Bowl

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Cook Pasta

Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, about 2 minutes less than package instructions. Drain.

3. Make Sauce

While the pasta is cooking, heat the vegetable broth, tamari sauce, lemon zest and ground black pepper over medium-high heat in a skillet for about 7-8 minutes.

4. Combine Pasta & Sauce

Add the pasta to the skillet and toss to evenly coat.

5. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from **Food Network Magazine**

Nourishment Note



Broth

Vegetable broth is easy on the stomach, helps prevent dehydration and provides important electrolytes, like sodium.



Noodles

Bland and gentle on the stomach, noodles can be helpful when experiencing diarrhea.

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Ask for Assistance: Ask a friend or family member to help make this dish.



Banana Frozen Yogurt

Snack

🕒 5 Mins Prep • 0 Mins Cook • 5 Mins Total

👤 1 Serving

A quick and healthy treat for when your sweet tooth is calling!

ingredients

1 Medium Frozen Banana, peeled and sliced 🍌

2 Tbsp Unsweetened Vanilla Almond Milk

1 Dash Cinnamon

1 Dash Vanilla Extract

Optional toppings: Sprinkles, Nuts, Mini Chocolate Chips

what you'll need

Knife

Cutting Board

Measuring Spoons

Blender/Food Processor

Rubber Scraper

Bowl

nutritional info

109 Calories 1g Fat

27g Carbs 1g Protein

allergen swap

Nuts: Substitute almond milk with a nut-free milk alternative.

Banana Frozen Yogurt

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Add Ingredients to Blender

To a blender or food processor, add the frozen banana, almond milk and a dash each of cinnamon and vanilla extract.

3. Blend Until Thick

Blend until thick and creamy, adding more almond milk if needed.

4. Add Toppings & Enjoy

Serve with your favorite ice cream toppings and enjoy!

5. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

Nourishment Note



Bananas

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

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Bananas: Peel and slice bananas before freezing.

Ask for Assistance: Ask a friend or family member to help you prepare this recipe.



Greek Lemon Rice

Side

🕒 20 Mins Prep • 25 Mins Cook • 45 Mins Total

👤 6 Servings

A Mediterranean twist to a traditionally mild dish.

ingredients

2 Cups Long Grain White Rice, uncooked 🍴

3 Tbsp Extra Virgin Olive Oil

1 Medium Yellow Onion, chopped

1 Clove Garlic, minced

½ Cup Orzo Pasta, uncooked

2 Lemons, juiced + zest of 1 lemon
(wash lemons under cold, running water)

2 Cups Low-Sodium Chicken Broth

Salt, to taste

what you'll need

Fine Mesh Strainer

Bowl

Large Saucepan with Lid

Spoon

Knife

Cutting Board

Measuring Cup

Citrus Zester

nutritional info

335 Calories **7g** Fat

61g Carbs **6g** Protein

allergen swap

Gluten: Substitute the orzo with a gluten-free pasta or omit.

Greek Lemon Rice

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Rinse & Soak Rice

Rinse rice in fine mesh strainer until the water runs clear. Once well-rinsed, soak rice, covering rice by at least 1-inch, in a bowl of cold water for 20 minutes. Drain well.

3. Cook Onion, Garlic & Orzo

In a large saucepan, heat 3 Tbsp olive oil over medium-high heat until oil shimmers. Add onions and cook until translucent, about 3-4 minutes. Add garlic and orzo, stirring until orzo begins to brown in color. Stir in the rice.

4. Add Lemon Juice & Broth

Add lemon juice and broth. Bring to a boil then reduce heat to low. Cover and cook for approximately 20 minutes, or until the liquid is fully absorbed and rice is tender.

5. Remove from Heat

Remove from heat and let rest for approximately 10 minutes.

6. Stir in Lemon Zest & Salt

Remove lid and stir in lemon zest and salt, to taste. Enjoy!

7. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

Nourishment Note



Rice

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

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Garlic: Use pre-minced garlic.

Lemon: Use pre-squeezed lemon juice.



Perfect Hard Boiled Eggs

Snack

🕒 25 Mins Prep • 8–10 Mins Cook • 20–25 Mins Total
(let eggs sit at room temperature for 20 mins during prep)

👤 12 Servings • 1 Egg Serving Size

An easy snack to grab that's gentle on the stomach.

ingredients

1 Dozen Eggs 

Ice

what you'll need

Large Pot with Lid

Large Bowl

Large Spoon

nutritional info

70 Calories 5g Fat

1g Carbs 6g Protein

Perfect Hard Boiled Eggs

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Let Eggs Sit at Room Temperature

Allow eggs to sit at room temperature for 20 minutes before cooking to eliminate the chill from the refrigerator.

3. Place Eggs in Pot of Water

Place eggs in a pot and cover with cold water. Add enough water so the eggs are covered by approximately 1 inch.

4. Bring to a Boil

Bring to a boil over medium-high heat, then cover, remove from the heat and set aside for 8-10 minutes. While cooking, prepare an ice bath by filling a large bowl with ice and water.

5. Transfer Eggs to Ice Bath

Using a spoon, carefully transfer the eggs from the pot to the ice bath. Allow to cool, then peel.

6. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [foodnetwork.com](https://www.foodnetwork.com)

Nourishment Note



Hard Boiled Eggs

Soft, bland foods, like hard boiled eggs, are not only a good source of protein, but also gentle on the stomach.

fatigue buster

Ask for Assistance: Ask a friend or family member to help make this dish.



Smashed Potatoes

Side • Snack

🕒 5 Mins Prep • 10 Mins Cook • 15 Mins Total

👤 1 Serving

Tastes like a baked potato,
without having to turn on
the oven.

ingredients

1 Russet Potato (scrub under running
water) 🍷

Kosher Salt

what you'll need

Plate

Knife

Fork

nutritional info

97 Calories 1g Fat

21g Carbs 2g Protein

Smashed Potatoes

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Wash & Pierce Potato

Wash potato thoroughly and pat completely dry. Pierce 3 to 4 times with a fork.

3. Microwave Potato

Place potato on a microwave-safe plate and microwave 7 minutes, turning over halfway through cooking. If your potato isn't fork-tender after 7 minutes, continue microwaving in 1-minute increments until fully cooked. Let rest 2-3 minutes.

4. Smash & Season Potato

Split potato down the middle, being careful of steam. Smash with a fork & season with salt.

5. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from delish.com

Nourishment Note



Potatoes

Bland foods, like potatoes, are more tolerable on the stomach when managing diarrhea.

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Ask for Assistance: Ask a friend or family member to prepare this dish.



Tummy Taming Bites

Snack

🕒 10 Mins Prep • 15-20 Mins Cook • 25-30 Mins Total

👤 2 Bites Serving Size (Makes 2 Dozen Bites Total)

Delectable, bite-sized morsels of oats and fruit that will help your tummy feel better in no time.

ingredients

3 Large, Ripe Bananas 🍌

1¾ Cups Quick Oats 🍌

¼ Cup Unsweetened Applesauce 🍌

Toppings

Honey

Sea Salt

nutritional info

51 Calories

1g Fat

11g Carbs

1g Protein

what you'll need

Medium Bowl

Potato Masher (optional)

Fork

Mixing Spoon

Measuring Cups

1 Tbsp Cookie Scoop (optional)

Parchment Paper

Cookie Sheet

Wire Cooling Rack

Oven Mitts

allergen swap

Gluten: Oats are naturally gluten-free, but for those with celiac disease use certified gluten-free oats.

Tummy Taming Bites

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Preheat Oven

Preheat oven to 350°F and line a cookie sheet with parchment paper

3. Mash Bananas

In a medium bowl, mash the bananas using a potato masher or fork. Be sure the bananas are a smooth consistency. Stir in the quick oats.

4. Add Applesauce

Fold in the applesauce.

5. Portion Onto Cookie Sheet

Drop 1 tablespoon portions onto the prepared cookie sheet.

6. Bake

Bake for 15-20 minutes or until lightly browned on top. Remove from oven.

7. Add Toppings & Enjoy

Drizzle honey over bites and sprinkle with sea salt. Transfer to a wire rack to cool. Bites will keep in a covered container at room temperature for 1-2 days.

7. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from *The Blue Zones Kitchen Cookbook*

Nourishment Note



Bananas

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



Quick Oats

Oats are rich in water-binding soluble fiber. This type of fiber can be especially beneficial for diarrhea, because it absorbs additional water, potentially providing diarrhea relief.



Applesauce

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

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Ask for Assistance: Ask a friend or family member to help make this recipe.

Food Processor: Use a food processor to easily blend the bananas into a smooth consistency.

Bananas: If you can't find ripe bananas at the grocery store. Place unripe bananas on a cookie sheet and place in the oven while it's preheating. Once the oven is preheated you should have bananas that are ready to go! Be sure to remove any plastic stickers before placing in the oven to avoid a potential fire.



Ginger Citrus Electrolyte Drink

Drink

🕒 5 Mins Prep • 0 Mins Cook • 5 Mins Total

👤 2 Servings

Light and refreshing with a subtle burst of ginger and citrus.

ingredients

¼ Cup Bottled Lemon Juice

2 Tbsp Bottled Lime Juice

¼ Tsp Ginger Paste 🍷

⅓ Tsp Salt 🍷

2 Tsp Honey

2 ¾ Cups Coconut Water

Ice

what you'll need

Measuring Cup

Measuring Spoons

Pitcher

Whisk

nutritional info

40 Calories **0g** Fat

0g Carbs **0g** Protein

Ginger Citrus Electrolyte Drink

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Whisk Together Ingredients

In a large pitcher, whisk together the lemon juice, lime juice, ginger paste, honey and salt.

3. Add Coconut Water

Pour in the coconut water and mix well.

4. Stir and Serve

Serve over ice. The beverage can be stored in the fridge for 1 day.
Be sure to stir vigorously before serving as contents will separate.

5. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [epicurious.com](https://www.epicurious.com)

Nourishment Note



Salt

Salt contains sodium, an electrolyte that's important when experiencing diarrhea.



Liquids

Consuming liquids is very important to preventing dehydration when experiencing diarrhea.



Ginger

Ginger is a spice that has been proven to help reduce stomach discomfort, common when experiencing diarrhea.

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Ask for Assistance: Ask a friend or family member to help prepare this beverage.



Watermelon Lime Slushie

Drink

🕒 10 Mins Prep • 0 Mins Cook • 2 Hrs Freeze Time

👤 4 Servings • 1 Cup Serving Size

Guaranteed to quench your thirst and tastes great too!

ingredients

4 Cups Seedless Watermelon, cubed
(wash under cold, running water before cutting) 💧

2 Limes, juiced (wash under cold, running water before juicing)

1 Cup Water

what you'll need

Knife

Cutting Board

Baking Sheet

Parchment Paper

Blender/Food Processor

Rubber Scraper

nutritional info

56 Calories **0g** Fat

15g Carbs **1g** Protein

Watermelon Lime Slushie

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Freeze Watermelon Cubes

Chop watermelon into 1-inch cubes. Place 4 cups of watermelon onto a baking sheet covered with a sheet of parchment paper (to prevent sticking) and set in freezer. Allow to freeze for at least 2 hours.

3. Blend Slushie

Once frozen, add watermelon to food processor or blender along with lime juice and water. Blend until mixture has a slushie-like consistency. Add more water, if necessary.

4. Pour & Enjoy

Pour slushie into glasses and enjoy.

5. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from gimmesomeoven.com

Nourishment Note



Watermelon


When experiencing diarrhea, it's important to stay hydrated and replace lost electrolytes. Watermelon is excellent for hydration, as it is approximately 90% water and contains potassium, a key electrolyte.

fatigue buster

Watermelon: Buy pre-chopped watermelon.

Lime Juice: Purchase pre-squeezed lime juice.





tools to help manage your diarrhea

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diarrhea overview

Diarrhea (frequent, loose bowel movements) is a common medication side effect. Diarrhea can also be caused by infections, food sensitivities or emotional upset.

Diarrhea occurs when foods and liquids pass through the gut so quickly that the body cannot absorb and digest it. This can also cause dehydration. Diarrhea symptoms can vary from mild to severe and last a short or long time.

Managing with Nutrition:

- To prevent dehydration, drink plenty of fluids to replace those you lose. Clear liquids are best, including water, sports drinks, clear flat soft drinks, chicken or vegetable broth or weak caffeine-free tea.
- Include foods that are higher in potassium and sodium. Try potatoes, broth, apricots and bananas.
- Eat small meals, more often. Eating 5-6 small meals per day may be easier on the gut than 3 large meals.
- Choose soft, bland foods. Good choices include noodles, hard-boiled eggs, white bread, pureed vegetables, lean turkey and chicken, fish and mashed potatoes.
- Try the BRAT diet. BRAT stands for bananas, rice, applesauce and toast. These foods are higher in water absorbing soluble fiber.
- Consume food and drinks at room temperature.

Call your doctor immediately if you experience any of the following signs or symptoms with diarrhea:

- Six or more loose bowel movements a day for more than two days
- Blood in your stool or rectal area
- Weight loss due to diarrhea
- Fever of 100.5°F or higher
- Inability to control bowel movements
- Diarrhea or abdominal cramps that last more than a day
- Diarrhea accompanied by dizziness

Avoid:

- Foods high in insoluble fiber. These foods may make diarrhea worse. Avoid raw fruits and vegetables, nuts, seeds, whole grain products and high-fiber produce (broccoli, corn, beans, cabbage, cauliflower and peas).
 - Caffeine-containing products (coffee, tea, chocolate, some soda).
 - Sugar-free products sweetened with xylitol or sorbitol. These sweeteners are mostly found in sugar-free candy and gum.
 - Lactose-containing dairy products, if lactose intolerant (milk, cheese, yogurt).
 - High-sugar beverages, such as regular soda and fruit punch.
 - Spicy foods (hot peppers, curries, buffalo wings, salsa, black pepper, hot sauce).
 - Greasy, fatty or fried foods (fatty cuts of meat, French fries, potato chips, fast food).
 - Alcohol
-

Tips For Managing Diarrhea:

- Rest your gut for 12-14 hours after having diarrhea and only drink clear liquids during this time. Use the *Clear Liquids* handout for a list of suggested foods and beverages.
- Take anti-diarrheal medications as prescribed.
- For nutrition recommendations, review *Foods to Help with Diarrhea*, found on the next page.

foods to help with diarrhea

When experiencing diarrhea, there are certain foods that may help provide relief.

See the table below for more details.

Food Group	Recommended Foods	Other Considerations
Dairy	<ul style="list-style-type: none">• Buttermilk• Evaporated milk• Powdered milk• Soy milk• Yogurt with live, active cultures	<ul style="list-style-type: none">• Avoid yogurts with added nuts or dried fruit• Try lactose-free products, if lactose makes diarrhea worse
Grains	<ul style="list-style-type: none">• Bread, bagels, rolls, crackers, and pasta made from white or refined flour• Cereals made with refined grains (Corn Flakes®, puffed rice)• Cream of Wheat®• White Rice• Oatmeal	<ul style="list-style-type: none">• Choose foods with less than 2g of fiber per serving
Fruits & Vegetables	<ul style="list-style-type: none">• Applesauce• Canned, soft fruit• Ripe bananas• Melons• Fruit juice, without pulp• Strained vegetables	<ul style="list-style-type: none">• Avoid canned fruit in heavy syrup• Avoid cruciferous vegetables, like broccoli, cauliflower and Brussels sprouts• Avoid dried fruits• Avoid fruit juice with pulp and prune juice• Avoid most raw produce, unless listed to the left
Proteins	<ul style="list-style-type: none">• Smooth nut butters• Tender, well-cooked meat, pork, poultry, fish, eggs or soy foods made without added fat	<ul style="list-style-type: none">• Avoid chunky nut butters• Avoid fatty cuts of meat, like pork ribs, chicken thighs, high-fat (80/20) ground beef, ribeye steaks, etc.

Food Group	Recommended Foods	Other Considerations
Beverages	<ul style="list-style-type: none"> • Caffeine-free teas • Decaffeinated coffee • Rehydration drinks • Sports drinks • Unsweetened sparkling water • Water 	<ul style="list-style-type: none"> • Avoid sugary and alcoholic beverages
Fats	<ul style="list-style-type: none"> • Choose low-fat foods 	<ul style="list-style-type: none"> • Foods high in fat may make diarrhea worse
Other	<ul style="list-style-type: none"> • Anti-diarrheal medications 	<ul style="list-style-type: none"> • Avoid sorbitol or sugar-alcohol containing products

***These foods may be beneficial for most people, but not all.** If you find any of these foods make your diarrhea symptoms worse, stop eating them until symptoms go away.

clear liquids

A Clear Liquid diet may be prescribed if you’re experiencing diarrhea.

Examples of clear liquid foods and beverages can be found below.

Soups
Fat-Free Bone Broth
Fat-Free Chicken Broth
Fat-Free Vegetable Broth

Sweets
Fruit Ice, without milk or fruit pieces
Popsicles
Sorbet, without fruit pieces
Jell-O®

Drinks
Fruit Juice, without pulp
Caffeine-Free Tea, without added milk or cream
Clear, Carbonated Beverages
Water with Lemon
Water, Plain
Sports Beverages, without added color

Meal Replacements
Clear Nutritional Supplements (Carnation Instant Breakfast Juice®)

prebiotics

Prebiotics are a type of fiber that may help feed healthy gut bacteria.

Prebiotic Facts

- Prebiotics provide health benefits to the body by helping to support good bacteria in the gut.*
- Prebiotics can be found naturally in some foods, like garlic and onions. They can also be added to foods or taken as a dietary supplement.
- Most prebiotics are dietary fibers, but not all dietary fibers are prebiotics.
- Some gas or bloating can result from too many prebiotics. Start with small amounts and increase over time to let your stomach adjust.

**The human digestive tract contains over 100 trillion bacterial cells. These bacteria, called our “intestinal microbiome”, are important to our health.*

What to Look for on the Label

The word ‘prebiotic’ is seldom used on the label. Look for:

- Galactooligosaccharides (GOS)
- Fructooligosaccharides (FOS)
- Oligofructose (OF)
- Chicory fiber
- Inulin

What Can Prebiotics Do For You?

- Improve digestive function (bowel regularity).
- Support the body’s immune system.
- Improve mineral absorption.
- Help with hunger and fullness cues, support a healthy weight and may also help support healthy blood sugar control.

Prebiotics In Food

Some prebiotics (oligofructose and inulin) can be found in onions, garlic, bananas, chicory root and Jerusalem artichokes, but typically are present at low levels. To increase your daily intake, include prebiotic supplements or foods with added prebiotics as part of your diet. Prebiotics may be added to yogurts, infant formula, cereals, breads, biscuits/cookies, desserts or drinks. Try to get at least 5 grams of prebiotics in your diet every day. Eating whole grains, fruits and vegetables and other fiber-rich foods can help.

Talk to Your Doctor

Always talk to your doctor when adding a prebiotic supplement into your diet.

probiotics

What Are Probiotics?

Probiotics are healthy bacteria that naturally live in your body. These helpful bacteria are especially important for your digestive system. Good bacteria can help support your immune system and reduce inflammation in your body. They also work to keep your body, particularly your gut, healthy. Probiotics are part of a larger community of microorganisms, which include other types of bacteria, fungi and viruses that live in and on your body to help keep you healthy. This collection of microbes is called your microbiome. You have trillions of microbes that make up your microbiome. Each person's microbiome is unique and varies based on a person's diet, medications, age, lifestyle, environmental factors, health problems and how they were born.

The main role of probiotics in your body is to maintain a healthy balance of bacteria. Probiotics are available in a variety of foods and drinks, as well as probiotic supplements. Look for these types of common probiotics on package labeling:

- *Lactobacillus*
- *Bifidobacterium*
- *Saccharomyces boulardii*

Probiotics can support health in different ways:

- Help your immune system function properly.
- Aid digestion by breaking down some of the food we can't digest.
- Keep harmful microorganisms in check.
- Produce vitamins and aid in nutrient absorption.

Probiotics have the potential to:

- Help reduce antibiotic-associated diarrhea.
- Help manage digestive discomforts.
- Help with the digestion of lactose.
- Treat infectious diarrhea.
- Help manage vaginal infections.

Sources of Probiotics



Yogurt

Look for added probiotics listed on the label



Supplements

These can be convenient for travel and may have a higher potency than foods



Fermented Foods

Can be sources of live bacteria if not heat-treated. Foods include: Kefir, kimchi, tempeh, miso kombucha, buttermilk, sourdough bread, pickles, sauerkraut

Choosing a Probiotic

- Match the strain to the benefit you want, not all strains are the same.
- Amounts matter. Be sure the product contains the level of probiotics needed for the health benefit.
- Safety first. Probiotics are safe for most people, but talk to your doctor first if you suffer from an immune disorder or have a serious underlying illness.

For more information, check out the U.S. Probiotics Guide at www.usprobioticsguide.com



we're here for you.

If you have any nutritional questions related to
diarrhea, please email our registered dietitians at:

MSP.Dietitians@Meijer.com



MeijerSpecialtyPharmacy.com



Diarrhea

