

foods to help with diarrhea

HIV

When dealing with the unpleasant side effect of 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 intolerant
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 (55%) ground beef, ribeye steaks, etc.
Beverages	<ul style="list-style-type: none"> • Caffeine-free teas • Decaffeinated coffee • Rehydration drinks • Sports drinks • Water 	<ul style="list-style-type: none"> • Avoid sugary and alcoholic beverages
Fats	<ul style="list-style-type: none"> • Choose a low-fat diet 	<ul style="list-style-type: none"> • A high-fat diet 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. **Call your doctor right away if you experience any of the following signs or symptoms:**

- 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° or higher
- Inability to control bowel movements
- Diarrhea or abdominal cramps that last more than a day
- Diarrhea accompanied by dizziness