

DIET RECOMMENDATIONS FOR ACUTE AND MILD DIARRHOEA

ACUTE DIARRHOEA

For the first 12 to 24 hours, only consume clear liquids. Take samples of 100 to 300 cc, every 3/4 hour, according to tolerance and after each bowel movement. The liquids and foods must be at warm temperatures: 15 to 30°C.

If progress is good after 24 hours, change to the diet for mild diarrhoea.

MILD DIARRHOEA

Gradually incorporate the foods and if any causes the symptoms to worsen, avoid it until full recovery.

Take samples of 100 to 500 cc, every 3/4 hour and according to individual capacity.

Take the foods at warm temperatures: 15 to 30°C.

If progress is good after 48 hours, start to normalise the diet.

RECOMMENDED LIQUIDS AND FOODS

Liquids: still water, mild infusions (decaffeinated tea, camomile, Melissa, etc.), clear broth without grease (not commercial broths), apple juice without added sugar, fructose or sorbitol. Jelly without sugar. Isotonic drinks (will help to replace lost minerals).

Foods: Apple, grated, stewed or in compote, boiled cream of carrot or carrot soup, rice or tapioca semolina cream or soup.

Light seasoning: moderate salt, lemon juice, artificial sweeteners, such as saccharine or aspartame.

Liquids: Still water, decaffeinated coffee or tea, isotonic drinks, gelatine, rice milk or soy milk.

Fruits: apple and pear, baked or in compote, quince jelly, very ripe banana.

Vegetables: Potato, squash, carrot, courgette, always boiled or in puree.

Dairy Products: Natural low-fat or soy yoghurt, free from sugar, fructose or sorbitol. Grated hard cheese.

Cereals: Rice, wheat or rice semolina, tapioca, corn flour, rice biscuits, plain pasta, bread and natural rusks (not whole grain)

High-Protein Foods: Cooked ham, chicken without either skin or grease, lean beef and pork, fish, eggs (not fried).

Cooking Methods: Boiled, grilled, steamed. Very soft food texture.

Seasoning: Olive or Sunflower oil (1 tea spoon of 5g per plate). Artificial sweetener: saccharine or aspartame. Avoid all foods containing added fructose or sorbitol. Moderate amounts of salt. Lemon juice.

SAMPLE MENU

After the first 12 hours:

Breakfast:	
Mild infusion with saccharine and lemon	150 cc
Apple smoothie with no added sugar	150 cc
Brunch:	
Natural grated apple	125 g
Mild infusion with saccharine and lemon	150 cc
Lunch:	
Cream of carrot with rice semolina	250 cc
Mild infusion with saccharine and lemon	150 cc
Tea:	
Apple juice with no added sugar	200 cc
Dinner:	
Cream of carrot or carrot soup	250 cc
Before Bed:	
Mild infusion with saccharine and lemon	150 cc

Breakfast:	
Soya or rice milk	1 cup
Rice biscuits	2 units
Jam with saccharine	2 s.oup spoons
Brunch:	
Grated apple	1 unit
Mild infusion without sugar	150 cc
Lunch:	
Carrot and potato puree	150 g
Poached egg	1 unit
Pear compote	150 g
Mild infusion without sugar	150 cc
Tea:	
Natural low-fat yoghurt	1 unit
Rice biscuits	2 units
Dinner:	
Boiled rice	120 g
Cooked or boiled ham	50 g
Baked apple	150 g
Mild infusion without sugar	150 cc

