

Eating and Nutrition Strategies for LOOSE STOOLS & DIARRHEA

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Amber provides 1:1 online nutrition coaching to men and women who have faced a cancer diagnosis and want to:

- set and achieve goals for nourishment and healing during and after treatment
- use compassionate mindset work to reduce food fears and gain confidence in their nutrition after treatment

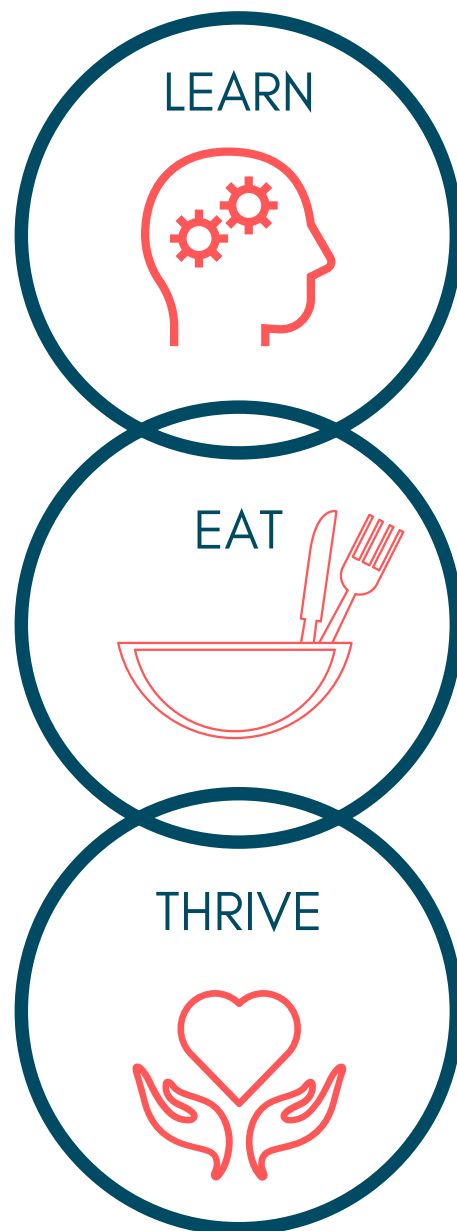
Visit www.cancernutritionolutions.com to learn more

DISCLAIMER

The information contained in this handout is created for informational and educational purposes only.

The content is not intended to substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or other qualified health provider with any questions you may have about your medical condition.



HELPFUL FOOD IDEAS

CHOOSE LOW-FIBER FOODS

- use more refined grains (white flour instead of wheat)
- easier to digest foods

USE SOLUBLE FIBER OPTIONS

- this type of fiber forms a gel and can make your stools more formed

STAY HYDRATED

- consider fluids like broth, coconut water, and other beverages that contain extra sodium and potassium

Soluble Fiber

grabs onto liquids and forms a gel. Good for helping with loose stools & diarrhea

- cooked asparagus tips
- cooked beets
- cooked carrots
- baked potato (no skin)
- cooked acorn squash
- cooked oatmeal
- apple sauce



FOOD AND NON-FOOD IDEAS

LIMIT THESE OPTIONS

DAIRY

- depending on the degree of diarrhea, you may become lactose intolerant during treatment
- if you become bloated and gassy 30-60 minutes after consuming dairy, try non-dairy food options

HIGH FIBER FOODS (ROUGHAGE)

- insoluble fiber helps to decrease the time food and waste remains in your digestive tract

NON-FOOD STRATEGIES

CONSIDER TALKING WITH YOUR TREATMENT TEAM ABOUT:

- using over-the-counter medications
- other non-food approaches to controlling your type of diarrhea
- using relaxation techniques



GIVE YOURSELF PERMISSION TO EAT THE FOODS YOU TOLERATE

- strict eating plans limit your choices
- certain foods may not be well-tolerated
- all foods provide nourishment

EATING AS A FORM OF SELF-CARE

- schedule mini-meals
- plan your hydration schedule

