






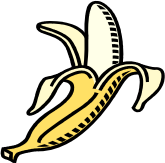








Diarrhea

Nutrition Fact Sheet

Try the following to better manage diarrhea.















| | | |
|---|---|---|
|  |  | <p>Drink 8-10 glasses of water/fluid a day to avoid dehydration</p> |
|  |  | <p>Eat white rice and/or drink rice water</p> |
|  |  | <p>Eat applesauce</p> |
|  |  | <p>Eat a banana</p> |
|  |  | <p>Oatmeal or toast may help</p> |
|  |  | <p>Eat cooked vegetables</p> |
|  |  | <p>Eat yogurt with live cultures or try soy milk</p> |

For more information call

Janelle L'Heureux MS RD: 213-201-1556 jlheureux@apla.org or go to www.apla.org & click services and programs. APLA copyright © 2010. For persons with disabilities, reasonable accommodation may be provided upon request. Please call 213-201-1582 TTY at least 5 working days in advance to ensure availability. For voice, call California Relay Service first at 711, and give operator the TTY number.



Avoid or decrease the following to better manage diarrhea.

| | | |
|---|---|--|
|  |  | <p>Avoid milk, ice cream, and some cheeses</p> |
|  |  | <p>Avoid greasy and fried foods</p> |
|  |  | <p>Avoid smoking</p> |
|  |  | <p>Avoid donuts, candy, cookies, and chocolate</p> |
|  |  | <p>Avoid beverages with caffeine such as coffee, and soda. Herbal tea is fine.</p> |
|  |  | <p>Avoid chilies, spicy foods, and curries</p> |
|  |  | <p>Avoid alcohol</p> |

For more information call

Janelle L'Heureux MS RD: 213-201-1556 jlheureux@apla.org or go to www.apla.org & click services and programs. APLA copyright © 2010. For persons with disabilities, reasonable accommodation may be provided upon request. Please call 213-201-1582 TTY at least 5 working days in advance to ensure availability. For voice, call California Relay Service first at 711, and give operator the TTY number.

