



Tips for helping to stay nourished when you have diarrhea

It's important to take in the nutrition you need, especially during cancer treatment. Even if you are experiencing diarrhea, there are foods and oral nutritional supplements you can consume to help you stay nourished.

Foods to avoid

- High-fiber foods such as oatmeal and whole-wheat bread
- Milk and milk products unless they are low lactose or lactose-free
- Greasy, fatty, or fried foods
- Raw vegetables and fruits
- Legumes, broccoli, celery, and corn
- Nuts and beans
- High-sugar drinks such as juice and regular soda
- Very hot or very cold drinks
- Food or drinks with caffeine, like regular coffee, tea, some sodas, and chocolate
- Alcohol

Tummy-friendly choices

- Low-fiber foods like plain yogurt, white bread, and white rice.
- “Dry” forms of grains, such as crackers, pretzels, and toast, may be easiest to handle.
- Try light meals of clear soups, such as chicken soup or bouillon cubes dissolved in hot water.
- Drink plenty of fluids to replace what you are losing with diarrhea. Stay hydrated by sipping clear liquids throughout the day, such as Ensure Clear.[™]
- High-protein foods, such as skinless chicken or scrambled eggs.
- Gingersnaps or ginger candy can be soothing to the stomach.
- Potassium is an important mineral that is lost when you have diarrhea. Bananas, apricot or peach nectar, fish, and potatoes can help you replenish potassium.



Proper nutrition is a vital part of cancer treatment—even when you don't want to eat

Everyone experiences diarrhea at some point, but replenishing depleted nutrients is especially important for you. Diarrhea can be caused by your cancer treatment, an infection, or certain medications.

Important tips after a bout of diarrhea

- Eat 5-6 small meals and snacks throughout the day. Avoid eating 3 large meals a day.
- Drink liquids *between* meals as well as during them. Supplements such as Ensure® products are well tolerated. Ensure is not lactose free but is suitable for lactose intolerance.
- Room-temperature drinks will be less of a shock to the system.
- Avoid caffeine, carbonated drinks, alcohol, and milk.



Look for **Ensure®/Glucerna®** products at major retailers. Juven® is available at Walgreens and Rite Aid.



Find products online at abbottstore.com/nutrition4cancer and get free ground shipping for orders over \$50.



Order products by calling **1-800-258-7677.***



Visit Ensure.com and Glucerna.com for recipes and sample meal plans.

Use under medical supervision.

*\$5.95 handling charge applies for all phone orders.

Abbott Nutrition products have the right nutrition to help restore key nutrients

Ask your healthcare professional which product is right for you.



Ensure Complete™

Helps rebuild and maintain muscle and strength, which may be lost during cancer treatment.



Ensure Clear™

Protein and nutrition in a clear, refreshing, fruit-flavored drink.



Also available in bars.

Glucerna®

Nutrition to help patients with diabetes minimize blood sugar spikes.



Juven®

Targeted nutrition to help build lean body mass, which supports wound healing.