



Diarrhea Management

Diarrhea is often defined as having more than two loose or watery stools per day. It can be caused by your cancer treatments. Diarrhea can be worse if you are taking more than one kind of cancer treatment at the same time (such as radiation therapy and chemotherapy together). Uncontrolled diarrhea can lead to weakness, poor appetite, dehydration, and weight loss.

- ◆ Because you lose fluid with diarrhea, you need to drink plenty of mild, clear liquids throughout the day. Liquids at room temperature are easier to tolerate, and fluids that do not have caffeine may be better for you than those that do have caffeine.
- ◆ Eating small meals and snacks often throughout the day is usually easier to tolerate than eating large meals two or three times a day.
- ◆ Drink and eat high-sodium foods, such as broths, soups, sports drinks, crackers, and pretzels. Some sports drinks can help replace electrolytes lost through persistent diarrhea.
- ◆ Drink and eat high-potassium foods, such as fruit juices and nectars, potatoes without the skin, and bananas.
- ◆ Eat foods high in pectin, such as applesauce and bananas.
- ◆ Drink at least 1 cup of liquid after each loose bowel movement.

What to Avoid

- ◆ Try not to eat greasy, fried, spicy, or very sweet foods.
- ◆ Some people with diarrhea may begin to have trouble digesting milk. If this is a problem for you, try limiting milk and milk products to no more than 2 cups a day during this time. If limiting milk products does not relieve diarrhea, gas, or bloating, switch to milk and milk products that have the lactose removed. Lactaid and Dairy-Ease are examples of two such products.
- ◆ Avoid drinks and foods that cause gas, such as carbonated drinks, and gas-forming vegetables. (You may drink carbonated beverages if you leave them open for at least 10 minutes before drinking.)
- ◆ Limit use of sugar-free gums and candies made with sorbitol. Foods that have sorbitol can cause diarrhea, gas, and bloating.

Additional Considerations

- ◆ A diet limited in fruits, vegetables, and bulky grains may not have enough of the vitamins and minerals you need, so you may need to add a multiple vitamin and mineral supplement to your daily routine. Confirm this with your doctor, nurse, or dietitian.
- ◆ With your doctor's permission, consider the use of a bulking agent containing psyllium fiber, such as Metamucil. Psyllium fiber helps with diarrhea because it absorbs water, which adds bulk to the stool.
- ◆ Call your doctor if diarrhea continues or if your stools have an unusual odor or color.

Food List

	Recommended	Foods That May Cause Distress
Meat and meat substitutes	Baked or broiled beef, pork, chicken, liver, turkey, veal, eggs, fish, milk, cheese, and yogurt	Dried peas and beans such as lentils, kidney beans, or white beans; nuts, seeds, and peanut butter; meats that are spicy, fatty, or have gristle
Breads, cereals, rice, and pasta	Bread and rolls made from refined, white flour; pasta; converted or instant rice; refined cereals, such as farina, cream of wheat, cream of rice, oatmeal, and cornflakes; pancakes, waffles, cornbread, muffins, and graham crackers	Whole-grain breads such as multiple-grain bread with nuts and seeds; bran, high-fiber instant cereals, granola, and whole-grain cereals; brown rice
Fruits and vegetables	Canned and or cooked fruit; cooked asparagus tips, beets, carrots, peeled zucchini, green beans, acorn squash, mushrooms, or celery; tomato paste; tomato puree, tomato sauce; baked potato without skin	Fresh, unpeeled fruit, dried fruit; all other vegetables; raw vegetables
Condiments, beverages, and desserts	Salt and pepper; butter and margarine; mayonnaise and bland salad dressings; decaffeinated coffee, tea, and soda; flavored gelatin desserts, cakes, cookies, sherbet, fruit pie made with allowed fruits	Salsas, relishes, and spicy spreads and salad dressings; caffeinated coffee, tea, and soda; dried fruit; desserts made with nuts, seeds, or coconut



Recipes Recipes Recipes

Chicken and Mushrooms

2 tbsp cornstarch
1 can or 16 ounces chicken broth
1 tsp prepared mustard
1 tbsp vegetable oil
4 skinless, boneless chicken breast halves
2 cups sliced mushrooms
1 tsp crushed Italian seasoning
Dash ground pepper
2 cups cooked rice
Salt to taste

Mix together cornstarch, chicken broth, and mustard in a small bowl and set aside. In a large frying pan over medium-high heat, heat oil and cook

chicken about 5 minutes on each side or until browned on both sides. Remove chicken and set aside. Reduce the heat to medium and in the same pan cook mushrooms with Italian seasoning and pepper, stirring often, until mushrooms are tender and liquid evaporates. Add the reserved cornstarch mixture and cook until mixture boils and thickens, stirring constantly. Return chicken to the pan and reduce the to low. Cover and cook 5 more minutes or until chicken is no longer pink, stirring occasionally. Serve over hot rice.

Makes four servings. Each serving contains 360 calories and 29 grams protein.

Fruit Ices

Freeze the juice of your choice in an ice cube tray. Place frozen cubes in a blender and blend for a fruit slush.

Selected fruits may be added as well. For example, try orange juice or pineapple juice with banana slices.

Three-Fruit Sipper

1 cup of orange juice
½ cup of lemon juice
1½ tsp almond extract
1 16-ounce can of jellied cranberry sauce
2 cups of flat ginger ale, chilled

In a blender, combine the juices, almond extract, and cranberry sauce until smooth. Refrigerate. Just before serving, add ginger ale. Serve over ice.

Makes 11 half-cup servings. Each serving contains 90 calories and 0 grams protein.