

Meal plan for diarrhoea

Breakfast

Glass apple juice

Bowl cornflakes/rice krispies with semi-skimmed or soya milk

Slice of white toast with jam/honey/marmalade

Drink

Snack

Apple

Drink

Lunch

Pasta salad with chicken, tuna or cheese

Drink

Snack

Piece of fruit

Pot of yogurt

Drink

Evening meal

Steamed or grilled salmon fillet with couscous

2 servings of root vegetables

Drink

Tips:

Have at least 8 cups of fluid, more if you suffer frequent or prolonged bouts of diarrhoea. Use decaffeinated versions of tea and coffee. Experiment with fruit and herbal teas – fennel, ginger and peppermint are renowned for easing digestive upsets. Avoid foods and drinks containing the artificial sweetener sorbitol.

Your notes: