

*Foods to give with Diarrhea*

Clear soup, Diluted Milk

Pedialyte, Gatorade, Koolaid (very little sugar) Tea(very little sugar)

Crackers, Bread, Pasta, Cereals, Rice

Mashed Potatoes, Fresh Fruit

*Foods not to give with Diarrhea*

Juice, Cooked vegetables

Meat, Eggs, Cheese, Refried beans

Peggy Wongsa, MD, FAAP

*Certified by American Board of Pediatrics*

---

11302 Fallbrook Drive, Suite 305

Houston, TX 77065-4265

Tel: (281) 897-1122 Fax: (281) 897-0777

*Alimentos Para Dar Con Diarrea*

Caldo/consomé, leche diluida, yogurt

Suero, Gatorade, Té,

Galletas, Pan, Pasta, Cereal, Arroz,

Pure de papa, Fruta fresca

*Evitar estos Alimentos*

Jugo, Verdura cocidas

Carne, Huevos, Queso, Frijoles refritos