

## Preventing Diarrhea due to Rapid transit time

\*Symptoms of *dumping syndrome* include: feeling weak, dizzy and/or flushed within 30 minutes of eating. Cramping, pain, nausea, diarrhea and/or sweating may also occur.

Tips to avoid diarrhea:

- Eat 4-6 small meals throughout the day
- Try to eat a source of protein at each meal (such as: poultry, red meat, eggs, tofu, milk, yogurt, or cheese)
- Limit concentrated sugars like candies, cookies, soda, juice, and syrup
- Drink fluids 30-60 minutes before and after meals and snacks, but **not** during meals
- Choose foods with soluble fibers (such as: oats, quinoa, fruits and vegetables without peels, and legumes)
- Avoid extreme hot or cold foods and beverages
- Eat slowly and rest for 15 minutes after a meal with feet up

Food Group	Foods Allowed	Foods to Avoid
	Decaffeinated coffee and tea. Sugar free beverages, water drinks without sugar, water	Caffeinated coffee or tea. Beverages made with sugar, corn syrup, or honey. Fruit juices and fruit drinks. Carbonated drinks.
<b>Starches/Grains</b> <b>8 - 12 servings daily</b>	complex carbohydrates low in fiber less than 3 grams or high in soluble fiber (such as: white bread, oatmeal, quinoa, rice low fiber cereals, potatoes, white rice, and pasta). High soluble fiber	Sweet rolls, donuts, pastries and cakes. Sugary and dried fruit cereals. Whole wheat, rye, pumpernickel brown rice and whole grains. High in insoluble fiber
<b>Meat and Other Protein Foods</b> <b>Limit red meat to 12 ounces weekly</b>	Tender, well-cooked meats, poultry, and fish. Egg whites (whole eggs if tolerated). Soy foods prepared without added fat. Smooth peanut butter allowed if tolerable of fats. Chick peas, English peas, lentils, and Powdered peanut butter (PB2)	Fried meat, poultry, or fish. Luncheon meats (i.e. bologna or salami). Sausage, hot dogs, bacon. Tough or chewy meats. Black eyed peas (i.e. Black, pinto or kidney beans). Whole and Cream Corn, Seeds or nuts.
<b>Fats</b> <b>1 - 3 tsp per meal</b>	A small to moderate amount of fat as tolerated olive oil, light butter, reduced fat butter spreads, low fat margarine, low fat cream cheese. Use butter flavored seasoning powder.	High amounts fat such as fried foods, avocados, olives, butter, vegetable oils fried foods, regular cream cheese.
<b>Fruits</b> <b>3 to 6 servings daily</b>	Canned in fruit juice, if light syrup drained. Soft Fresh fruit without the peel. Diluted fruit juice with water	Canned fruit in sugar or syrup. Fruit juice. Dried fruits including prunes and raisins.
<b>Vegetables</b> <b>3 to 6 servings daily</b>	Fresh, frozen or canned vegetables cooked to a soft consistency.	Raw vegetables (unless finely chopped).
<b>Milk or Milk Foods</b> <b>2- 3 servings daily</b>	Milk (buttermilk, skim, 1% fat, and soy milk with no added sugar). Rice milk, almond milk no sugar added Plain yogurt with no added sugar. Lactose free products. Low fat American cheese. Low-fat sugar free ice cream.	Whole milk , chocolate milk, half and half regular ice cream, or creamers, high fat cheeses

## Preventing Diarrhea due to Rapid transit time

<b>Miscellaneous</b>	Any allowed foods made with artificial sweeteners including: saccharin (Sweet 'N Low), aspartame (Equal, NutraSweet), sucralose (Splenda), and acesulfame potassium (Sunette, SweetOne), Stevia.  Seasoning without hot spices, fresh herbs such as: basil, rosemary, oregano, chives, cinnamon, nutmeg, allspice, curry, lemon rind, dill, tarragon,	Sugar, honey, syrup, jelly. Any sugar alcohol (such as: sorbitol, isomalt, hydrogenated starch hydrosylat or mannitol or xylitol). Foods that list sugar, honey, syrup, xylitol, or sorbitol as one of the first three ingredients on the food label.  Hot spices such as cayenne peppers, hot sauces such as tabasco
----------------------	---	---

Sample day

*Drink 30-60 min before/after meals*

1 cup Decaffeinated coffee, sweeten with artificial sweetener

### Breakfast

1 starch or bread	1 cup Oatmeal or cereal	1 slice white toast, ½ English  Or Bagel
1 Fruit	½ cup applesauce	½ cup cubed cantaloupe
1 -servings protein	¼ cup Egg Whites	1 slice Canadian Bacon or lean  Meat
1 tsp fat	(oil, butter, to cook)	light fat spread for toast or
1 Dairy	4 oz. low fat milk or Yogurt sugar free	low fat, American Cheese slice

*Drink 30-60 min before/after meals*

1 cup water

### Snacks

1 fruit or bread	½ cup pears canned in own juice,  light syrup, and drained	6 saltine crackers
1 Protein	1 string cheese	½ cup tuna fish salad
Lunch or supper		
3 oz. –	4 oz grilled chicken breast,	
1 starch or bread	½ cup white rice	½ baked potato
Vegetable	cooked beets	cooked carrots

## Preventing Diarrhea due to Rapid transit time

Fruit	½ peeled sliced peaches	½ cup applesauce
Dairy	6 ounce yogurt	½ cup cottage cheese

options to season with include basil, rosemary, garlic powder, mustard, black pepper, thyme, celery seed, parsley, cumin

### MyPlate Worksheet: 2,200 Calories

Your calorie needs are about 2,200 calories a day. Below are the U.S. Department of Agriculture (USDA) guidelines for your daily recommended amount of each food group.

Vegetables 2½ cups	Fruits 2 cups	Grains 8 ounces	Dairy 3 cups	Protein 10 ounces
Eat a variety of vegetables. Cook soft and Avoid peels and skins. <b>each day.</b> Aim for these amounts <b>each week:</b> <ul style="list-style-type: none"> <li>• 1½ cups dark green vegetables</li> <li>• 5½ cups red or orange-colored vegetables</li> <li>• 1½ cups dry beans and peas</li> <li>• 5 cups starchy vegetables</li> <li>• 4 cups other vegetables</li> </ul>	Eat a variety of fruits <b>each day.</b> Dilute fruit juices with water. Fruits should be peeled or skinned. Cooked or canned may be best. Good choices of fruits include: <ul style="list-style-type: none"> <li>• Berries</li> <li>• Bananas</li> <li>• Apples</li> <li>• Melon</li> <li>• Frozen fruit</li> <li>• Canned fruit in their own juice</li> </ul> avoid Heavy syrup	Choose. Aim to eat at least 3 ounces of <b>each day:</b> <ul style="list-style-type: none"> <li>• Bread</li> <li>• Cereal</li> <li>• Rice</li> <li>• Pasta</li> <li>• Potatoes</li> <li>• Tortillas</li> </ul>	Choose low-fat or fat-free milk, yogurt, or cheese <b>each day.</b> Good choices include: <ul style="list-style-type: none"> <li>• Low-fat or fat-free milk or chocolate milk</li> <li>• Low-fat or fat-free yogurt</li> <li>• Low-fat or fat-free cottage cheese or other reduced-fat cheeses</li> <li>• Calcium-fortified milk alternatives</li> </ul>	Choose low-fat or lean meats, poultry, fish and seafood <b>each day.</b> Vary your protein, choose more: <ul style="list-style-type: none"> <li>• Fish and other seafood</li> <li>• Lean low-fat meat and poultry</li> <li>• Eggs</li> <li>• Tofu</li> </ul> Choose less high-fat and red meat.

Source: USDA MyPlate, [www.choosemyplate.gov](http://www.choosemyplate.gov)

### Know your limits on oils (fats) and sugars:

- Your allowance for oils is **6 teaspoons a day** (oil includes vegetable oil, mayonnaise, soft margarine, salad dressing, nuts, olives, avocados, and some fish).
- Limit the extras (solid fats and sugars, also called “empty calories”) to **260 calories a day.**
- Cut back on salt (sodium). Stay under **2,300 mg sodium a day.** If you have a health condition such as heart disease or high blood pressure, your doctor will likely tell you to limit sodium to no more than 1,500 mg a day.

### Get moving and be active!

Aim for at least **30 minutes** of physical activity most days of the week or 150 minutes of exercise a week.

## Preventing Diarrhea due to Rapid transit time

### MyPlate Servings Worksheet: 2,000 Calories

This worksheet tells you how many servings you should get each day from each food group, and tells you how much food makes a serving. Use this as a guide as you plan your meals throughout the day. Track your progress daily by writing in what you actually ate.

Food Group	Daily MyPlate Goal	What You Ate Today
Vegetables	<b>5 Half-cups or 5 Servings</b> One serving is: ½ cup or cooked vegetables  ½ baked potato ½ cup vegetable juice	
Fruits	<b>4 Half-cups or 4 Servings</b> One serving is: ½ cup fresh, frozen, or canned fruit 1 medium piece of fruit with out peel 1 cup of berries or melon  ½ cup 100% fruit juice diluted with water between meals Note: Make most choices fruit instead of juice.	
Grains	<b>8 Servings</b> One serving is: 1 slice bread 1 cup dry cereal ½ cup cooked rice, pasta, or cereal 1 5-inch tortilla 1/2 cup potatoes no skin	
Dairy	<b>3 Servings or 3 Cups</b> One serving is: 1 cup milk 1½ ounces reduced-fat hard cheese 2 ounces processed cheese 1 cup low-fat yogurt 1/3 cup shredded cheese Note: Choose low-fat or fat-free most often.	
Protein	<b>8 - 10 Servings</b> One serving is: 1 ounce cooked lean beef, pork, lamb, or ham 1 ounce cooked chicken or turkey (no skin) 1 ounce cooked fish or shellfish (not fried) 1 egg ¼ cup egg substitute 1 tablespoon peanut or almond butter ½ cup tofu 2 tablespoons hummus	If flushing avoid aged meat, cheese or nut butters.

## Preventing Diarrhea due to Rapid transit time

Calories: 2000 to 2200  
Carbohydrates: 50%  
Fiber:  
    Soluble: increased  
    Insoluble: decreased  
Protein: 20%  
Fat: 30%

Vitamins/Supplements:  
Calcium 1200 mg  
Vitamin D 1000 – 2000  
B<sub>12</sub>   
Multivitamin 1 per day 100%  
Probiotics daily  
Other Omega 3 fatty acids up to 2000mg daily

Notes: recommend 6 feeding 30 – 45 grams High Complex CHO with 3 meals 15 to 30 grams fruit / dairy / Complex Cho

Protein sources 2-3 ounces with meals 1 to 2 ounces with snacks

Avoid concentrated sweets if diarrhea

stop herbal supplements

Avoid gassy foods ( FODMAP Diet)