



Diarrhea



► Foods for diarrhea ◀

People with diarrhea should eat soft foods;
Because spicy foods or
Complexes can irritate the intestines.

Including soft foods:

- Hot grains such as porridge and rice milk
 - Banana
 - Apple
 - Plain white rice
 - Toast
 - Boiled potatoes
- Cookies and biscuits without spices
- **Diarrhea-improving drinks** ◀
 - Broth
 - Soup
 - Coconut water
 - Sports drinks

► Foods that aggravate diarrhea ◀

Spicy foods , Fried foods , Sugary foods and artificial sweeteners , Highly insoluble fiber foods such as whole grains, nuts and seeds , Onions and garlic , Packaged food , Raw vegetables , Foods that produce gas in the intestines; Such as cabbage, broccoli and cauliflower , Citrus fruits , High-fat meats including sardines, pork and beef , Dairy products , Caffeinated beverages , Carbonated drinks , Alcoholic beverages

► BRAT diet ◀

BRAT stands for Banana, Rice, Apple and Toast. They are gentle and easy for the digestive system to digest. Bananas, for example, contain a special starch called pectin for the device

Digestion is beneficial. The BRAT diet also helps absorb water and electrolytes.



► Benefits of the BRAT diet ◀

Harder stools: Foods in the BRAT diet are starchy and They are low in fiber and can be more easily attached to loos, watery stools.

Gastric or peptic ulcer: It is safe to eat foods rich in fat and protein. Therefore, they stimulate the stomach less and put less stress on the gastrointestinal tract.

Reduce nausea: Foods in the BRAT diet do not cause nausea or vomiting due to their sweet flavor and lack of odor.

► Disadvantages of the BRAT diet ◀

Prolonged usage of the BRAT diet may lead to malnutrition and energy shortages; Because it contains very few calories and does not contain enough vital nutrients, including protein, fat, fiber, vitamin A, vitamin B12 and calcium.



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▶ Diarrhea ◀

Diarrhea, as a very common complication, occurs in most people several times a year. A person's stool who has diarrhea is loose and watery.

In most cases, the cause of diarrhea is unknown and (disappears on its own after a few days.)

Severe and prolonged diarrhea can cause dehydration the body.

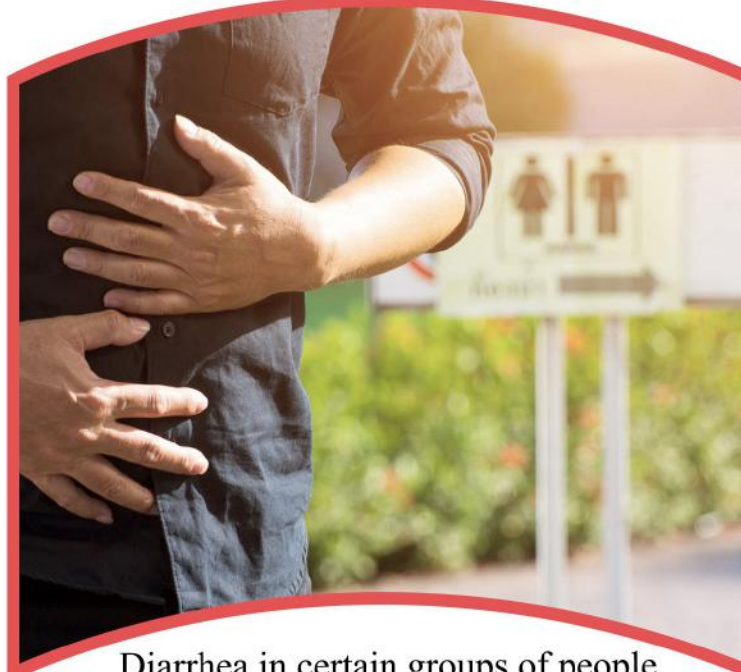
Some symptoms of diarrhea can be bloating, abdominal cramps and sometimes Nausea.

However, diarrhea can sometimes lead take serious complications; Including:

▶ **Dehydration** (when the body loses large amounts of water)

▶ **Electrolyte imbalance**
loss of sodium, potassium and magnesium which play an essential role in vital functions of the body.

▶ **Kidney failure**
(not getting enough blood or fluid to the kidneys)



Diarrhea in certain groups of people can be seen more serious and dangerous;

Including:
▶ Children



▶ Adults (elderly)
▶ Those who have a medical condition.

▶ Symptoms of severe diarrhea ◀

- ▶ Fever
- ▶ Weight Loss
- ▶ Severe pain
- ▶ Vomiting
- ▶ The presence of blood in the stool

If you have these symptoms, call your doctor and seek immediate medical attention.