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## DIARRHOEA

### • CS#1 NUTRITION •

#### Did you know?

Probiotics are the 'good' bacteria that live in the digestive tract and are important for digestion and immune health. They are found in fermented foods such as yoghurt, tempeh, sauerkraut, kombucha, and kimchi, or can be purchased in pill form. Probiotics may help treat diarrhoea that is caused by antibiotics.

Diarrhoea is when you have loose or watery bowel movements three or more times in a day. Most people experience occasional diarrhoea, and it will normally go away within 1 to 2 days.

Diarrhoea can be caused by infection, change in diet, food intolerance, excess alcohol, medications, or other conditions of the digestive tract.

Ongoing diarrhoea can be a sign of an underlying condition, and you should see your doctor.



# HEALTHY EATING DIARRHOEA • CS#1 NUTRITION •

If you get diarrhoea:

**Do:**

- Drink plenty of fluids such as water, weak tea, broth, diluted juices or sports drinks or oral rehydration solutions that contain electrolytes.
- Eat smaller, more frequent meals.
- Eat bland foods such as rice, bread, plain crackers, bananas, boiled potatoes, skinless chicken and white fish, as they are easier to digest.

**Don't:**

- Drink caffeine.
- Eat foods with lots of spices, sugar, and fats.
- Have contact with other people if you have a sudden onset of severe diarrhoea; it may be a sign of gastroenteritis, which can be very contagious.

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