



FOOD SUGGESTIONS TO MANAGE DIARRHEA

Meals	Snacks
Egg salad sandwich on white bread Chicken noodle soup Grilled chicken or fish with white rice and cooked carrots Overnight oats (<i>try our recipe</i>)	Cheese and plain crackers Fruits you can easily peel (such as bananas) Oatmeal cookies Rice pudding Yogurt

SAMPLE MEAL PLAN FOR DIARRHEA

Breakfast	Toast (white bread) with smooth peanut butter Yogurt with sliced banana Orange juice no pulp*
Snack	Pudding made with lactose-free milk Apple juice*
Lunch	Chicken noodle soup* Egg sandwich (white bread, mayo) Plain crackers Canned fruit
Snack	Cheese Plain crackers Tomato juice*
Dinner	Grilled Fish with little oil and lemon juice White rice Cooked carrots Apple juice*
Snack	Lactose free milk* Oatmeal cookies

*Contains fluid, but don't forget to sip on additional fluids throughout the day between meals. You can dilute your juices by adding water (half juice and half water).

Visit melanomnetwork.ca for more nutrition and health information.