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Nutrition to cure acute diarrhea

1. Drink enough

Standard values for the minimum required amount of liquid per day:

Age	Liters per day
1 to under 7 years	1-1,5
7 to 10 years	1,8
10 to under 15 years	2 – 2,5

Examples: water, mineral water, fruit or herbal teas, diluted fruit juices, cacao with water

Fluid intake with soups:

clear (watery) soup, clear (watery) soup with pasta, gruel soups such as: rice gruel soup (rice flakes, water, salt)

Compensation/Balance of the electrolyte and high loss of liquid:

available at the pharmacy in powder form (Normolyt ®) - under the order of a medical doctor

2. Nutritional choice

Easily digested, but still not high-fiber foods are the best food options.

Don'ts: fresh fruits and no gas forming vegetables, also no salad

Does:

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|---|-------------------------|
| 1. zwieback, rusk | 5. biscuits (Biskotten) |
| 2. white bread (12 hours old) | 6. cooked carrots |
| 3. toast (12h old) | 7. mashed potatoes |
| 4. croissant (mürbes Kipferl) (12h old) | |

Eat "constipating" food:

black tea, blueberry tea, cocoa with water, blueberry puree, shaved apple, bananas, dried blueberries, white flour products, white rice, white pasta, rice gruel, rice soup, carrot puree, carrot soup (preparation see Appendix)

Use of Hipp ORS200 ® (carrot containing drink - available in the drugstore)

other option: Resource Optifibre ® (= soluble fiber product made by Nestlé HealthCare Nutrition ®) - after the order of a medical doctor

Avoid laxative food:

Food containing lactic acid, milk products such as yogurt, buttermilk, sour milk, kefir, diabetic jam, raw fruits and vegetables as well as apple juice

At the beginning - don't eat coarse grained and gas forming food:

For example: coarse grained bread, brown bread, all sorts of cabbage, roasted and baked food

3. Eating time

Split your meal in multiple small meals!

4. Recipes

Black tea

Pour ¼ l boiled water over 1 teabag black tea and allow it to brew for 15 minutes (through this infusion time the tea contains a high amount of tannin).

Cocoa with water

Dissolve 2 tablespoons of cocoa powder (no instant cocoa) in cold water, pour ¼ liter of boiling water over, mix it with the powder and bring the cocoa to boil.

Blueberry puree

Prepare 20g dried blueberries with cloves, cinnamon bark and ¼ l water and cook it for 10 minutes. After the cooking time puree the food.

Carrots puree

Cook 500g carrots in ¼ l water until soft, puree and add 1/2 teaspoon salt and 2 teaspoons dextrose ("grape sugar").

Carrot soup

Cook 500g carrots in ½ l water, mix 5g flour with a little bit of the water and mix it into the soup. Pouring the soup with water to 1 liter and add 1/2 teaspoon salt and 2 teaspoon dextrose.

Gruel rice

Cook 50g short grain rice with 1/3 bay leaf, salt and a little bit nutmeg in ¼ l water until soft, take away the bay leaf and mix the soup.

Blueberry tea

Heat 3 tablespoon dried blueberries in $\frac{1}{2}$ l cold water and cook it for 10 minutes. Drink only 3 cups of this tea per day.

Grated apple

Wash and peel an apple and cut away the cores – grate the apple.