

Diarrhea diets

The Potato Diet

2 white potatoes
2 sweet potatoes
1 slice of turnip
1 very very thin slice of leek

Boil the above combination until it is stew-like. Then add small amounts of broiled meat such as turkey, chicken, hamburger.

The Pumpkin Diet

Combine equal amounts of:
Canned pumpkin (plain-no syrup or other ingredients) and boiled chicken.

The Banana Diet

1 ripe banana mashed
1/2 cup of plain yogurt
1/2 cup cooked rice

The Enteric Diet

Combine:
2 cups of cooked brown rice
2 cups cottage cheese
2 eggs hard boiled and crumbled