

## Normamed Dietary Recommendations | Diarrhea

**Normamed dietary recommendations** take into account the knowledge of healthy nutrition. They are part of the Normamed cause medicine to investigate and treat the real causes of digestive disorders. **Diarrhea (diarrhea)** may have a history of sensitive digestion. In case of acute symptoms, following the dietary recommendations can also help before and during a more detailed investigation of the cause.

**Please note, however,** that the following dietary recommendations are individually adapted within the framework of Normamed treatment plans depending on the results of the examination.

The Normamed diet recommendations for **acute and chronic diarrhea** distinguish with a "diet traffic light" between foods that are **well or very well** suited for therapy ( ■ ), that are **rather neutral** ( ■ ) or that are **rather poor or very poorly** suited ( ■ ). Es ist schon viel geholfen, wenn dies beachtet wird.

In addition, there are many foods that should be **tried individually** sollten ( ■ ), according to quantity and tolerance. In particular if the acute diarrhea subsides (**improvement phase**) can be arranged in such a way the nutrition carefully again more varied. The following instructions take into account Western European eating habits.

well or very well (!) suitable	<span style="color: green;">■</span>
	!
neutral food, can be used in normal quantities	<span style="color: yellow;">■</span>
poorly or very poorly (!) suitable	<span style="color: red;">■</span>
	!
try individually	<span style="color: orange;">■</span>
< = rather not, but possibly in small quantities	<
v = try carefully	v
> increase at own discretion if tolerated	>

Especially in the case of diarrhea, dietary errors can greatly disturb digestion and irritate the intestines. Appropriate food can quickly lead to a significant improvement.

Good seasoning can add variety to the diet. If steaming vegetables is possible, this leads to better preservation of vitamins and minerals. Potatoes strengthen and support the digestive system.

As the acute symptoms subside, the diet can be extended. For example, raspberry or strawberry jams with a few drops of lemon on crispbread with a little butter for breakfast are often easily digestible.

The diet should generally consist of a "light", easily digestible food. Good chewing and time without distractions while eating are important. Sufficient fluids (water and teas) are particularly needed by the body.

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Food products	Diarrhea		
	acute/strongly	in improvement	chronic, changing stools
<b>Dairy products in general:</b>	!	!	!
Canned milk			v
Whipped cream, fresh			v
<b>Sour milk products in general:</b>			v
Yogurt			v (try very carefully in case of chronic diarrhea)
<b>Cheese in general:</b>	!	!	<
Mozzarella			v (only boiled, fried, baked, not fresh!)
<b>Pasta, rice, cereals, porridge, flakes generally:</b>		<	v
Corn flakes/corn flakes		<	v
Noodles with egg		<	v
Noodles without egg		<	v
Rice, white		<	v
<b>Breads in general:</b>			
Grey bread	only toasted	only toasted	only toasted
Crispbread, fine	!	!	!
crispbread, coarse, with fiber			
<b>Meat in general:</b>		v	
Veal		v	
rabbit		v	>
Lamb meat		v	>
Beef		v	v
Pork		v	<
Game meat		v	>
<b>Sausage in general:</b>		v	
<b>Poultry in general:</b>		<	
duck, goose, pheasant			v
chicken, ostrich		<	>
turkey		<	>
<b>Fish in general:</b>		v	v
<b>Crustaceans and mollusks in general:</b>		v	v
Mussels and oysters	!	!	!
<b>Salads in general:</b>	Please also observe Normamed hygiene instructions in general!		

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<b>Herbs and spices in general:</b>			
Sea salt	!		!
<b>Fruit in general:</b>		<	<
Bananas, apples		v	v
<b>Vegetables in general:</b>			
Cauliflower ( <i>soft, steamed or boiled</i> ), Fine green beans, Broccoli, Potatoes ( <i>in any preparation</i> ), romanesco. <b>Main ingredient: carrots and crispbread.</b> <b>Vegetables in small quantities, if tolerated</b>			
Artichokes, mushrooms, parsley roots, leeks, horseradish, radishes, beet, salsify, celery, asparagus, tomato, cooked onions		v	v
Chutneys, col china, pepinos, calabaza, lentejas, acelgas, maíz, zanahorias, aceitunas, pimientos, chirivías, coles de Bruselas, chucrut, espinacas, col blanca col de Milán, calabacines ( <b>generalmente no</b> ), cebollas crudas.			
<b>Nuts in general:</b>		v	v
Cacahuetes, nueces de Brasil	Attention. Low tainted already carcinogenic!		
<b>Cakes, pastries, sweets in general:</b>		v	>
Puff pastry, peanut butter, fruit and milk ice cream, yeast pastries, doughnuts, artificial honey, marzipan, nut pastries, spreads containing chocolate, quark cake, sponge cake, waffles, stollen, onion cake		v	>
Apple strudel, Sachertorte			<
Confituras, mermeladas, jam	<	v	v
<b>Eggs in general (boiled and fried):</b>		<	>
Eggs, raw	Attention. High risk of infection!		
<b>Vinegars in general:</b>			>
<b>Oils in general:</b>	!	v	!
Olive oil, cold pressed; sunflower oil; soya oil			>
<b>Fats in general:</b>			

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Butter (normal and salted)			
Sour and sweet cream butter			
Clarified butter			>
<b>Chinese/Asian cuisine in general:</b>		v	v
Rice noodles, tofu, ginger, mango		v	v
<b>Ready meals, fast food in general:</b>			
Canned vegetables		v	>
French fries		v	>
Pizza ( <i>try something in the evening if you feel better</i> )		<	
<b>Drinks in general:</b>			
Beer, with and without alcohol; champagne/sparkling wine, fruit juices of any kind, liqueurs, brandy, lemonades, fruit teas, chamomile tea, peppermint tea, wine,			v
Tea, black; rooibos, jasmine tea			
Tea, green; tea with cardamom		v	v
Coffee, espresso, capuccino			<
Water with and without gas			