

# Foods for relieving Stomach Upset/Diarrhea

## 1. Introduction:

- A stomach upset can be caused by a variety of factors, such as overeating, food sensitivities, or infections. When experiencing discomfort, it's important to consume gentle, easy-to-digest foods that help soothe the stomach and alleviate symptoms like nausea, bloating, and diarrhea.

## 2. Key Nutrients to Focus On:

- **Electrolytes (potassium, sodium):** Important for replenishing fluids lost due to vomiting or diarrhea.
- **Pectin:** A type of soluble Fibre that helps firm stools and soothe the digestive tract.
- **Gingerol:** Known for its anti-nausea properties, which help calm an upset stomach.
- **Probiotics:** Promote gut health and aid in restoring the balance of bacteria in the digestive system.

## 3. Top Foods:

- **Bananas(Fruits):** High in potassium and pectin, bananas are easy on the stomach and help restore electrolytes, especially after diarrhea.
- **Rice(grains):** A bland, low- Fibre food that helps bulk up stool and alleviate diarrhea.
- **Applesauce:** Contains pectin, which helps firm stools and is gentle on the digestive system.
- **Ginger Tea(Beverage):** Soothes nausea and helps relieve stomach cramps and discomfort.
- **Plain Yogurt (with probiotics) - Protein:** Restores healthy bacteria in the gut, which can help alleviate symptoms of diarrhea and promote faster recovery.

- **Toast:** A bland carbohydrate that is easy to digest and can help settle an upset stomach.

## 4. Scientific Backing:

- Research published in the Journal of Gastroenterology and Hepatology suggests that ginger can effectively reduce nausea and vomiting in individuals with stomach upset.
- A study in the American Journal of Clinical Nutrition indicates that probiotics found in yogurt can improve digestive health and alleviate symptoms associated with an upset stomach.
- Link: <https://www.healthline.com/nutrition/best-foods-for-upset-stomach#electrolytes>

## 5. Fun Fact/Tip:

- **Fun Fact:** The BRAT diet (bananas, rice, applesauce, toast) is a commonly recommended eating plan for those with stomach upset because the foods are gentle, easy to digest, and help firm up loose stools.
- **Tip:** Drink plenty of clear fluids, like water and broth, to stay hydrated when experiencing a stomach upset.

## 6. Related Lifestyle Changes:

- Avoiding greasy, spicy, and acidic foods while recovering from a stomach upset can help prevent further irritation and discomfort.

## 7. External Links & References:

- WebMD: [Foods to soothe an upset stomach](#)
- Healthline: [Best foods for stomach upset](#)

**CTA: Discover ways to get relieve of stomach upset**