

Rice Porridge Recipe to Help with Diarrhea

This recipe can be used on days when you have diarrhea to help restore fluids and electrolytes and soothe irritated bowels.

Rice Porridge

1 cup long-grain white rice

6 cups of water

1 tablespoon salt

Combine rice, water, and salt in a medium saucepan. Cook the rice about 40 minutes over medium heat, until rice is soft, sticky, and soupy.

Variations: For extra flavor, use chicken, pork, or beef broth instead of water, or season porridge with soy sauce after cooking. (Reduce the salt to 1 teaspoon if using broth or soy sauce.) For a sweet treat, prepare rice with 8 teaspoons of sugar.

Yield: Eight 1-cup servings.

Nutrition information per serving: 86 calories, 1.5 grams protein, 16 grams carbohydrate, 258 mg sodium, and 24 mg potassium.