

# Elimination Diet for Incontinence

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Having loss of stool can be caused by something as simple as food that you are eating. To find out if food(s) are causing your bowel problems, try removing one type of foods from your diet, for a week. If the type of food is not causing bowel problems, feel free to add that food back into your diet. Some people can be affected by more than one type of food. If the food type is causing bowel problems, leave that food type out of your diet.

Food Types:

## 1) **Milk Products**

The sugar in milk, lactose, can cause loose stool in some people even if they are not lactose intolerant. In addition, the colon may be sensitive to or unable to adequately digest the milk protein, casein. The whey in milk products also can be an irritant to the colon.

## 2) **Caffeine**

Caffeine stimulates the bowel causing the stool to move faster.

## 3) **Chocolate**

Chocolate is a natural laxative that also contains caffeine. Along with fiber, cacao beans contain magnesium, which can relax bowel muscles.

## 4) **Spicy Foods**

Spicy foods can also speed up the time it takes foods to move through your bowels. “Hot” foods such as hot peppers can contain a chemical (Capsaicin) that causes stool to be loose.

## 5) Alcohol

Alcohol is a natural laxative.

## 6) Artificial Sweeteners

Sugar free gum and candy contain sugar alcohols that are poorly absorbed by the small intestine and are capable of inducing osmotic diarrhea. Sorbitol and mannitol are the best known sugars and the key ingredients in many sugar free food items.

## 7) Olestra

Olestra is a man-made fat alternative that is found in some fat-free foods. It cannot be taken up by your body, so it goes through the digestive system and is never used.

Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.



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