

Eating with an Ostomy; Foods and Their Effects

Food Reference Chart for People with an Ostomy

Listed below are general guidelines for individuals who have a colostomy or ileostomy. It is important to know the effects that various foods will have on stool output. The effects may differ for each person depending on surgery type and length/ function of the remaining bowel. To determine individual tolerance to foods, try new foods in small quantities. Remember to always chew thoroughly.

Disclaimer: This document contains information developed by United Ostomy Associations of America. This information does not replace medical advice from your healthcare provider. You are a unique individual and your experiences may differ from that of other patients. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

GAS PRODUCING:

ALCOHOL (BEER)
BROCCOLI
BRUSSELS SPROUT
CABBAGE
CARBONATED BEVERAGES
CAULIFLOWER
CHEWING GUM
CUCUMBERS
DAIRY (e.g., EGGS, MILK)
LEGUMES (e.g., BAKED BEANS, LENTILS, PEAS)
MELONS
NUTS
ONION
PICKLES
RADISH
SOY PRODUCTS
SPICY FOODS

*ODOR PRODUCING:

ASPARAGUS
BROCCOLI
BRUSSELS SPROUT
CABBAGE
CAULIFLOWER
EGGS
FATTY FOODS
GARLIC
LEGUMES (e.g., BAKED BEANS, LENTILS, PEAS)
ONION
SMOKED FOODS
STRONG CHEESE

SOME MEDICATIONS
SOME VITAMINS

MAY CAUSE LOOSE STOOLS; DIARRHEA:

ALCOHOLIC BEVERAGES
APPLE AND PRUNE JUICES
BAKED BEANS
CHOCOLATE
FRESH/RAW FRUIT
FRESH/RAW VEGETABLES
FRIED OR SPICY FOODS
HIGH SUGARED BEVERAGES
LEAFY GREEN VEGETABLES
MILK/CHEESE (LACTOSE INTOLERANCE)



** STOMA BLOCKAGE:

CABBAGE (FRESH/RAW)
CELERY
CHINESE VEGETABLES
COCONUT
COLESLAW
CORN (WHOLE KERNEL)
DRIED FRUITS
FRESH/RAW PINEAPPLE
MUSHROOMS
NUTS, SEEDS
PITH FROM CITRUS (e.g., ORANGES)
POPCORN
SKIN OF FRESH FRUITS (e.g., APPLE PEELS, GRAPES)

COLOR CHANGES:

ASPARAGUS
BEETS
FOOD COLORING (RED DYES FROM KOOL AID AND PUNCH)
IRON PILLS
LICORICE
RED JELL-O
TOMATO SAUCE

*ODOR CONTROL:

CONSUME PROBIOTICS (e.g., YOGURT, AIDS IN DIGESTION)

EAT SMALLER/ MORE FREQUENT MEALS, AIDS IN DIGESTION

FRUITS AND VEGETABLES; HELPS KEEP THE COLON CLEAN

STAY WELL HYDRATED AND AVOID CONSTIPATION

ODOR ELIMINATORS (DROPS, GELS, SPRAYS THAT CAN BE PLACED INTO AN OSTOMY POUCH)



***CONSTIPATION PREVENTION/RELIEF:

BRAN PRODUCTS
FRUIT JUICES
FRUIT (FRESH/RAW OR COOKED)
OATMEAL
PRUNES
RAISINS
VEGETABLES (FRESH/RAW OR COOKED)
WATER (STAY HYDRATED)
WARM BEVERAGES
WARM SOUPS
WHOLE GRAINS

THICKENS STOOL for Diarrhea and High Output

APPLESAUCE
BANANAS
BOILED WHITE RICE OR NOODLES
CREAMY PEANUT BUTTER
HOT CEREALS (OATMEAL, CREAM OF WHEAT, RICE)
MARSHMALLOWS
PEELED POTATOES
TAPIOCA PUDDING
UNSEASONED CRACKERS
WHITE BREAD, TOAST
YOGURT



Applies to people with a colostomy



Applies to people with an ileostomy

*Odor from diet will differ for each person. If you have concerns, discuss with your doctor. Odor eliminators may be purchased from distributors of ostomy products. ** People with an ileostomy are at greater risk for stoma blockage/obstruction. These food types should be eaten with caution and not introduced into the diet until 4-6 weeks after surgery. Introduce them slowly, one at a time, and chew well. *** Increasing the amount of fiber in your diet will help you avoid becoming constipated. Discuss options with your MD.



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