For individuals who have had **ileostomy or colostomy surgery**, it is important to know the effects of various foods on ileal output. The effects may vary with the remaining portion of functioning bowel.

Listed below are some general guidelines of the effects of foods after ostomy surgery. Use trial and error to determine your individual tolerance. Do not be afraid to try foods that you like, just try small amounts and **chew thoroughly**.

### GAS PRODUCING:
- Alcoholic beverage
- Beans
- Soy
- Cabbage
- Carbonated beverage
- Cauliflower
- Cucumbers
- Dairy products
- Chewing gum
- Milk
- Nuts
- Onions
- Radishes

### ODOR PRODUCING:
- Asparagus
- Baked Beans
- Broccoli
- Cabbage
- Cod liver oil
- Eggs
- Fish
- Garlic
- Onions
- Peanut butter
- Some vitamins
- Strong cheese

### INCREASED STOOLS:
- Alcoholic beverage
- Whole grains
- Bran cereals
- Cooked cabbage
- Fresh fruits
- Greens, leafy
- Milk
- Prunes
- Raisins
- Raw vegetables
- Spices

### STOMA OBSTRUCTIVE:
- Apple peels
- Cabbage, raw
- Celery
- Chinese vegetables
- Corn, whole kernel
- Coconuts
- Dried fruit
- Mushrooms
- Nuts
- Oranges
- Pineapple
- Popcorn
- Seeds

### COLOR CHANGES:
- Asparagus
- Beets
- Food colors
- Iron pills
- Licorice
- Red Jello®
- Strawberries
- Tomato sauces

### ODOR CONTROL:
- Buttermilk
- Cranberry juice
- Orange juice
- Parsley
- Tomato juice
- Yogurt

### CONSTIPATION RELIEF:
- Coffee, warm/hot
- Cooked fruits
- Cooked vegetables
- Fresh fruits
- Fruit juices
- Water
- Any warm or hot beverage

### DIARRHEA CONTROL:
- Applesauce
- Bananas
- Boiled rice
- Marshmallows
- Peanut butter
- Pectin supplement
- Tapioca
- Toast