

FOOD REFERENCE CHART FOR PEOPLE WITH AN OSTOMY

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

