

72 | **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, TABLETS, SACHETS 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.