

OSTOMATES FOOD REFERENCE CHART

For individuals who have had ostomy 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.

Stoma Obstructive

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

Gas Producing

Alcoholic bev.
Beans
Soy
Cabbage
Carbonated bev.
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

Color Changes

Asparagus
Beets
Food colors
Iron pills
Licorice
Red Jello®
Strawberries
Tomato sauces

Constipation Relief

Coffee, warm/hot
Cooked fruits
Cooked vegetables
Fresh fruits
Fruit juices
Water
Any warm or hot beverage

Increased Stools

Alcoholic bev.
Whole grains
Bran cereals
Cooked cabbage
Fresh fruits
Greens, leafy
Milk
Prunes
Raisins
Raw vegetables
Spices

Odor Control

Buttermilk
Cranberry juice
Orange juice
Parsley
Tomato juice
Yogurt

Diarrhea Control

Applesauce
Bananas
Boiled rice
Peanut butter
Pectin supplement (fiber)
Tapioca
Toast