



OSTOMATES NUTRITION GUIDE

Eating is one of life's great pleasures. Having a stoma should not change your enjoyment of food. Most people with a stoma return to their normal diet soon after an operation. However food tolerances vary from person to person. The most important dietary concerns for the ostomist are preventing blockage and avoiding foods that produce unpleasant odours, gas or excess stool. Listed below are some general guidelines of the effects of foods after ostomy surgery. It doesn't mean you cannot have the foods – you can still eat them but



Stoma Obstructive	Odour Producing	Increased/Loose Stool	Gas Producing
Apple Peels Raw cabbage Celery Chinese vegetables Corn, whole kernels Coconuts Dried fruit Mushrooms Oranges Nuts Pineapple Popcorn	Asparagus Baked beans Broccoli Cabbage Cod Liver Oil Eggs Fish Garlic Onions Peanut butter Some vitamins Strong cheese	Alcoholic beverage Whole grains Bran cereals Cooked cabbage Fresh fruits Green, leafy Milk Prunes Raisins Raw vegetables Spices Apple and Prune juice	Alcoholic beverage Carbonated drink Beans Soy Cabbage Cauliflower Cucumbers Dairy products Chewing gum Milk Nuts Onions
Constipation Relief	Odour Control	Loose stool control	Reducing Flatus
Coffee, warm/hot Cooked fruits Cooked vegetables Fresh fruits Fruit juices Water Mild laxative	Buttermilk Cranberry juice Orange juice Parsley Tomato juice Yoghurt Peppermint oil	Apple sauce Unripe bananas Boiled rice Peanut butter Tapioca Toast White bread Potatoes Pasta Crackers Boiled rice Weak tea Marshmallows Jelly babies	Fennel tea Cranberry juice Buttermilk Peppermint oil
			Colour Changes
			Asparagus Beets Food colours Iron pills Licorice Strawberries Tomato sauces



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These are some general guidelines for eating which will help you care for your stoma more easily:

- ◇ Eat meals regularly. A stoma works best if you have three or more regular meals a day
- ◇ Chew your food well. If you have an ileostomy this helps prevent any food blockage
- ◇ Try new foods one at a time. If a new food seems to cause a problem eliminate it for a couple of weeks and then try again
- ◇ Drink a lot of fluid daily as you may lose more fluids than normal through your stoma

An extra note for Ileostomists

It is very easy to lose large amounts of water, minerals and vitamins through an ileostomy when diarrhoea occurs which can quickly lead to dehydration. When this occurs you need to replace these fluids so that you do not become ill. You can drink Diorolyte to make up the following recipe:



leads to dehydration these fluids so that help with this or



Foods High in Potassium		Foods High in Sodium
Milk	Beef	Salt added to food
Fish	Pork	Canned and dried soups
Turkey	Duck	Canned meat, fish, stews and gravies
Lamb	Veal	Canned convenience food
Lima beans	Brussel sprouts	Pickles and relishes
Peppers	Tomatoes	Salted popcorn
V8 Juice	Broccoli	Pretzels
Potatoes	Spinach	Vegetables prepared in brine
Green beans	Tomato juice	Cold cuts of meat
Avocado	Apricots	Ham and bacon
Bananas	Cherries	Hot dogs
Figs	Grapefruit juice	Peanut butter
Nectarines	Plums	Salad dressings
Strawberries	Pineapple	Sausages
Dates	Rhubarb	Tomato juice and sauce