

## 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 but be aware that they can affect your stoma.

### **Stoma Obstructive:**

- Apple Peels
- Raw cabbage
- Celery
- Chinese vegetables
- Corn
- whole kernels
- Coconuts
- Dried fruit
- Mushrooms
- Oranges
- Nuts
- Pineapple
- Popcorn

### **Odour Producing:**

- Asparagus
- Baked beans
- Broccoli
- Cabbage
- Cod Liver Oil
- Eggs
- Fish
- Garlic
- Onions
- Peanut butter
- Certain vitamins
- Strong cheese

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## Increased/Loose Stool

- Alcoholic beverages
- Whole grains
- Bran cereals
- Cooked cabbage
- Fresh fruits
- Green leaves
- Milk
- Prunes
- Raisins
- Raw vegetables
- Spices
- Apples
- Prune juice

## Gas Producing

- Alcoholic beverages
- Carbonated drink
- Beans
- Soy
- Cabbage
- Cauliflower
- Cucumbers
- Dairy products
- Chewing gum
- Milk
- Nuts
- Onions

## Constipation Relief :

- Coffee
- Warm/hot Cooked fruits
- Cooked vegetables
- Fresh fruits
- Fruit juices
- Water
- Mild laxative

## Odour Control

- Buttermilk
- Cranberry juice
- Orange juice
- Parsley
- Tomato juice
- Yoghurt
- Peppermint oil

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### **Loose stool control**

- Apple sauce
- Unripe bananas
- Boiled rice
- Peanut butter
- Tapioca Toast
- White bread
- Potatoes
- Pasta
- Crackers
- Boiled rice
- Weak tea
- Marshmallows
- Jelly babies

### **Reducing Flatus**

- Fennel tea
- Cranberry juice
- Buttermilk
- Peppermint oil
- Colour Changes
- Asparagus
- Beets
- Food colours
- Iron pills
- Liquorice
- Strawberries
- Tomato sauce

### **Ostomates Nutrition Guide**

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 leads to dehydration. When this occurs you need to replace these fluids so that you do not become ill. You can drink Dioralyte to help with this or make up the following recipe:

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## **Foods High in Potassium:**

- Milk
- Beef
- Fish
- Pork
- Turkey
- Duck
- Lamb
- Veal
- Lima beans
- Brussel sprouts
- Peppers
- Tomatoes
- V8 Juice
- Broccoli
- Potatoes
- Spinach
- Green beans
- Tomato juice
- Avocado
- Apricots
- Bananas
- Cherries
- Figs
- Grapefruit juice
- Nectarines
- Plums
- Strawberries
- Pineapple
- Dates
- Rhubarb

## **Foods High in Sodium**

- Salt added to food
- Canned and dried soups
- Canned meat
- Fish
- Stews and gravies
- Canned convenience food
- Pickles and relishes
- Salted popcorn
- Pretzels
- Vegetables prepared in brine
- Cold cuts of meat
- Ham and bacon
- Hot dogs
- Peanut butter
- Salad dressings
- Sausages
- Tomato juice and sauce

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