

Food Guidelines for Your Ostomy

It is important to know how various foods may affect your body's output of waste. The effects may vary with the remaining portion of functioning bowel. There are general guidelines below that describe how some foods will affect your body after ostomy surgery. You may need to use trial and error to determine how your body tolerates different foods. Do not be afraid to try foods that you like; just try small amounts.

<p><u>Stoma Obstructive</u> Apple peels Cabbage, raw Celery Chinese vegetables Corn, whole kernel Coconuts Dried fruit Mushrooms Oranges Nuts Pineapple Popcorn Seeds</p>	<p><u>Odor Producing</u> Asparagus Baked Beans Broccoli Cabbage Cod liver oil Eggs Fish Garlic Onions Peanut butter Some vitamins Strong cheese</p>	<p><u>Increased Stools</u> Alcoholic beverages Whole grains Bran cereals Cooked cabbage Fresh fruits Greens, leafy Milk Prunes Raisins Raw vegetables Spices</p>
<p><u>Gas Producing</u> Alcoholic beverages Beans Soy Cabbage Carbonated beverages Cauliflower Cucumbers Dairy products Chewing gum Milk Nuts Onions Radishes</p>	<p><u>Color Changes</u> Asparagus Beets Food colors Iron pills Licorice Red Jello® Strawberries Tomato sauces</p>	<p><u>Odor Control</u> Buttermilk Cranberry juice Orange juice Parsley Tomato juice Yogurt</p>
	<p><u>Constipation Relief</u> Coffee, warm/hot Cooked fruits Cooked vegetables Fresh fruits Fruit juices Water Any warm or hot beverage</p>	<p><u>Diarrhea Control</u> Applesauce Bananas Boiled rice Peanut butter Pectin supplement (fiber) Tapioca Toast</p>