

# 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., MILK)  
EGGS  
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:

BAMBOO SHOOTS  
BOK CHOY  
BROCCOLI (RAW)  
CABBAGE (FRESH/RAW/ALL TYPES)  
CAULIFLOWER (RAW)  
CELERY  
COCONUT  
COLESLAW  
CORN (WHOLE KERNEL)  
DRIED FRUITS  
FRESH/RAW PINEAPPLE  
MUSHROOMS (ALL TYPES)  
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.



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