

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