



Food Reference Chart for Colostomy

For individuals who have a colostomy, it is important to know the effects of various foods on your output. The effects may vary with the remaining portion of your functioning bowel. Listed below are some general guidelines of the effects of foods after ostomy surgery. Use trial and error to determine your individual tolerance and remember to start with small portions.

Odor Producing	Increased Stools	Odor Control
Asparagus Baked beans Broccoli Cabbage family Eggs Fish Garlic Onions Peanut butter Some vitamins Strong cheese	Alcoholic beverages Bran cereals Cooked cabbage Cooked or raw carrots Fresh fruits Leafy greens Milk-lactose intolerant Prunes Raisins Raw vegetables Spices Whole grains	Buttermilk Cranberry juice Orange juice Tomato juice Parsley Yogurt
Gas Producing	Color Changes	Diarrhea Control
Alcoholic beverages Beans Cabbage family Carbonated beverages Cauliflower Cucumbers Chewing gum Dairy products Drinks from a straw Nuts Onions Radishes Soy	Asparagus Beets Iron supplements Licorice Red jello Strawberries Tomato sauces	Applesauce Bananas Barley Boiled white rice Peanut butter Pectin supplement (fiber) Pretzels Tapioca Toast/bread
Constipation Relief	Warm or hot chicken or beef broth Warm or hot coffee Cooked fruits or vegetables Fresh fruits and juices Warm or hot tea Warm or hot water	

Adapted from the United Ostomy Association of America, 2011; Diet & Nutrition Guide

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Ostomy Nursing Services

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 01/2019