



Food Reference Chart for Ileostomy

For people who have an ileostomy, it is important to know the effects of various foods on your output. The effects may vary based on 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 and chew your food well.

Stoma Obstructive	Odor Producing	Increased Stools
Apple peels Cabbage, raw Celery Chinese vegetables Coconut Fruits Corn, whole kernel Greens Dried fruit Fruits with peels or seeds Grapefruit membrane Mushrooms Nuts Orange membrane Pineapple Popcorn Potato peels Tomatoes	Asparagus Baked beans Broccoli Cabbage family Eggs Fish Garlic Onions Peanut butter Some vitamins Strong cheese	Alcoholic beverages Bran cereals Cooked cabbage Cooked carrots Fresh fruits Leafy greens Milk-lactose intolerant Prunes Raisins Raw vegetables Spices Whole grains
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

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

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