



Lutheran Home Care & Hospice, Inc.

A Ministry of Lutheran Social Services

Ostomy Dietary Information

Foods That Are Constipating

These foods decrease stomal output and can be helpful in managing diarrhea:

| | | |
|------------|---------------|-------------|
| Applesauce | Bananas | Boiled Milk |
| Celery | Cheese | Chocolate |
| Coconut | Corn | Nuts |
| Raisins | Peanut Butter | Rice |
| Tapioca | | Red Wine |

Food That Increase Stomal Output

These foods increase output and can relieve constipation:

| | | |
|------------------|------------|----------------|
| Alcohol | Beans | Beer |
| Broccoli | Cabbage | Coffee |
| Cucumbers | Figs | Fried Foods |
| Leafy Vegetables | Raw Fruit | Iced Beverages |
| Fruit Juice | Fresh Milk | Onions |
| Prunes, Plums | | Spicy Foods |

Foods That Can Cause Gas

| | | |
|------------------|---------------|-----------------|
| Apple Juice | Asparagus | Beans |
| Bean Sprouts | Beer | Broccoli |
| Brussels Sprouts | Cauliflower | Cabbage Family |
| Chewing Gum | Strong Cheese | Cucumbers |
| Mushrooms | Fish | Fruit Juice |
| Onions | Nuts | Radishes |
| Eggs | Peas | Spices |
| Sweet Potatoes | Spinach | Vegetable Juice |

Foods That Prevent Gas

| | | |
|------------|-----------------|--------|
| Buttermilk | Cranberry Juice | Yogurt |
|------------|-----------------|--------|



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Foods That Change the Color Of Stool

| | | |
|--------------|-----------------------|--------------|
| Beets | Food Dye | Iron Pills |
| Red Jello | Kool-Aid | Licorice |
| Red Coloring | Spinach | Strawberries |
| Tomato Juice | Vitamins With Iron | Watermelon |

Foods That Can Produce Odor

Ileostomy:

| | | |
|-------------------|-----------|-----------|
| Alcohol Beverages | Asparagus | Mushrooms |
| Cabbage | Cheese | Broccoli |
| Fish | Garlic | Eggs |
| Nuts | Onions | Pears |
| | Vitamins | |

Colostomy:

| | | |
|-----------|-------------|----------|
| Asparagus | Baked Beans | Broccoli |
| Fish | Onions | Pears |

Foods That Can Prevent Odors

| | | |
|-----------------|------------|--------------|
| Cranberry Juice | Buttermilk | Tomato Juice |
| Parsley | Spinach | Lettuce |
| | Yogurt | |