

*If you have any questions, ask your physician, nurse or registered dietitian.*

## Colostomy Diet Guidelines

A colostomy is a surgical opening in the abdomen where the large intestine (colon) is brought to the skin's surface. The opening in the colon at the skin is called a stoma. The stoma becomes where bowel movements and gas leave your body. Having a colostomy should not affect your ability to eat and digest food. By following specific diet guidelines, you can reduce symptoms such as gas, odor, and stools that are too loose or too firm.

### What to eat after a colostomy

- Follow a low-fiber diet. Foods with high fiber are harder for your body to digest.
- As you heal, slowly add foods with more fiber (whole grains, brown rice, oats) back into your diet.

### ***Adding foods back into your diet***

- Add 1 new food every few days. Start with foods you could eat without problems before surgery.
- Keep a list of foods that cause gas, odor or diarrhea. If a food causes symptoms, stop eating it for 2 to 3 weeks. Then, try it again in small amounts to see how your body reacts.

### ***Reducing gas and preventing odors***

- Avoid drinking with straws, drinking carbonated beverages, chewing gum, and smoking or chewing tobacco. These things can cause you to swallow air and produce gas.
- Limit fruit skins and vegetable skins.
- Limit beans, peas, garlic, leeks, onions, cabbage, broccoli, asparagus, fish, eggs and alcohol.

### ***Preventing diarrhea and thickening stool***

- Avoid spicy, fried and greasy foods, and foods high in sugar.
- Limit caffeine and alcohol.
- Try lactose-free options if you do not feel well after having milk or milk products.
- Add bananas, applesauce, white rice, pasta, potatoes, smooth peanut butter and cheese to your diet to naturally thicken stool.

### **Other important tips**

- Drink at least 8 to 10 cups of liquids each day.
- Eat slowly and chew your food thoroughly.
- Eat smaller, more frequent meals instead of large meals.
- Eat meals and snacks on a similar schedule every day.
- Eat your largest meal during the middle of the day. This helps you avoid a lot of output through the colostomy at night.

### **Colostomy diet suggestions**

<b>Food type</b>	<b>Foods recommended</b>	<b>Foods not recommended</b>
<b>Grains</b>	Choose grain foods with less than 2 grams of fiber per serving. <ul style="list-style-type: none"><li>• Cream of wheat or rice</li><li>• Grits (fine ground)</li><li>• Tortillas: white flour or corn</li><li>• White rice, well cooked (Do not rinse or soak before cooking.)</li><li>• Cold and hot cereals made from white or refined flour such as puffed rice or corn flakes</li></ul>	<ul style="list-style-type: none"><li>• 100% whole-wheat bread and bread made with whole-grain flour, seeds or nuts</li><li>• Brown rice, quinoa, kasha and barley</li><li>• Whole-grain tortillas</li><li>• Whole-wheat pasta</li><li>• Whole-grain and high-fiber cereals, including oatmeal, bran flakes and shredded wheat</li><li>• Popcorn</li></ul>
<b>Protein</b>	<ul style="list-style-type: none"><li>• Lean, very tender, well-cooked poultry, fish, beef, pork or lamb (If you have a stricture or colostomy, slow cook any meats until soft, then chop.)</li><li>• Eggs, well cooked</li><li>• Smooth nut butters (peanut butter, almond butter and sunflower butter)</li><li>• Tofu</li></ul>	<ul style="list-style-type: none"><li>• Steak, pork chops and other meats that are fatty or have gristle</li><li>• Fried meat, poultry or fish</li><li>• Seafood with a tough or rubbery texture, such as shrimp</li><li>• Luncheon meats, such as bologna and salami</li><li>• Sausage, bacon and hot dogs</li><li>• Dried beans, peas and lentils</li><li>• Hummus</li><li>• Sushi</li><li>• Nuts, seeds and chunky nut butters</li></ul>

Food type	Foods recommended	Foods not recommended
<b>Milk and milk products</b>	<p>If you have lactose intolerance, milk products from cows or goats may make your diarrhea worse. Foods marked with an asterisk (*) have lactose.</p> <ul style="list-style-type: none"> <li>• Milk*</li> <li>• Lactose-free milk</li> <li>• Buttermilk*</li> <li>• Fortified non-dairy milks (almond, cashew, coconut and rice)</li> <li>• Kefir*</li> <li>• Yogurt* or lactose-free yogurt</li> <li>• Mild cheese (Hard and aged cheeses, such as cheddar, Swiss and Parmesan, tend to be lower in lactose.)</li> <li>• Cottage cheese* or lactose-free cottage cheese</li> <li>• Low-fat ice cream* or lactose-free ice cream</li> <li>• Sherbet*</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk</li> <li>• Pea milk and soy milk (may cause diarrhea, gas, bloating and abdominal pain)</li> <li>• Cream</li> <li>• Half-and-half</li> <li>• Sour cream</li> <li>• Yogurt with added fruit, nuts, granola or chocolate</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Canned and well-cooked vegetables without seeds, skins or hulls</li> <li>• Carrots or green beans, cooked</li> <li>• White, red or yellow potatoes without skins</li> <li>• Strained vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>• Alfalfa or bean sprouts</li> <li>• Raw or undercooked vegetables: beets, broccoli, Brussels sprouts, cabbage, cauliflower, greens, corn, cucumber, peas, kale, lima beans, mushrooms, okra, olives, pickles and relish, onions, parsnips, peppers, potato skins, sauerkraut, spinach and tomatoes</li> </ul>

Food type	Foods recommended	Foods not recommended
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Soft and well-cooked fruits without skins, seeds or membranes</li> <li>• Canned fruit in juice, such as peaches or pears</li> <li>• Applesauce</li> <li>• Fruit juice without pulp, diluted by half with water (You may tolerate fruit drinks with vitamin C better than 100% fruit juice.)</li> </ul>	<ul style="list-style-type: none"> <li>• Raw fruit</li> <li>• Dried fruit</li> <li>• Avocado</li> <li>• Berries</li> <li>• Coconut</li> <li>• Canned fruit in syrup</li> <li>• Canned fruit with mandarin oranges</li> <li>• Papaya and pineapple</li> <li>• Fruit juice with pulp</li> <li>• Prune juice</li> <li>• Fruit skin</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>• Healthy oils, such as olive oil, canola oil or plant oils</li> </ul>	<ul style="list-style-type: none"> <li>• Solid fats</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Broth and soups made from allowed foods</li> <li>• Desserts (small portions) without whole grains, seeds, nuts, raisins or coconut</li> <li>• Jelly (clear)</li> </ul>	<ul style="list-style-type: none"> <li>• Pork rinds</li> </ul>

## Sample 1-day menu

<b>Breakfast</b>
2 scrambled eggs 1 slice white toast (1 gram fiber) 1 teaspoon margarine 1/2 cup cream of wheat (1/2 gram fiber)
<b>Morning snack</b>
1 cup lactose-free nutrition supplement
<b>Lunch</b>
3 tablespoons tuna 1 tablespoon mayonnaise 2 slices white bread (2 grams fiber) 1 cup chicken noodle soup (1 gram fiber) 1/2 cup apple juice
<b>Afternoon snack</b>
6 saltine crackers 2 ounces low-fat cheddar cheese
<b>Dinner</b>
3 ounces tender chicken breast 1 cup white rice (1/2 gram fiber) 1/2 cup cooked canned green beans (2 grams fiber) 1/2 cup cranberry juice
<b>Evening snack</b>
1 cup lactose-free nutrition supplement