

OSTOMY

FOOD REFERENCE CHART



Stoma Obstructive

Apple peels
Raw cabbage
Celery
Chinese vegetables
Whole or kernel corn
Coconuts
Dried fruit
Mushrooms
Oranges
Nuts
Pineapple
Popcorn
Seeds

Gas Producing

Alcoholic beverages
Beans
Soy
Cabbage
Carbonated beverages
Cauliflower
Cucumbers
Dairy products
Chewing gum
Milk
Onions
Radishes

Odor Producing

Asparagus
Baked beans
Broccoli
Cabbage
Cod liver oil
Eggs
Fish
Garlic
Onions
Peanut butter
Some vitamins
Strong cheese

Increased Stools

Alcoholic beverages
Whole grains
Bran cereals
Cooked cabbage
Fresh fruits
Leafy greens
Milk
Prunes
Raisins
Raw vegetables
Spices

Constipation Relief

Warm or hot coffee
Cooked fruits
Cooked vegetables
Fresh fruits
Fruit juices
Water
Any warm/hot beverage

Diarrhea Control

Apple sauce
Bananas
Boiled rice
Peanut butter
Pectin supplement
Fiber
Tapioca
Toast

Color Changes

Asparagus
Beets
Food colors
Iron pills
Licorice
Red Jell-O®
Strawberries
Tomato sauces

Odor Control

Buttermilk
Cranberry juice
Parsley
Tomato juice
Yogurt

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