Nutrition Guidelines for Colostomy
Nutrition Guidelines for Colostomy

These guidelines will help you stay healthy and feel more comfortable after colostomy surgery.

☐ Enjoy your meals at regular times. Eating smaller meals more often may be better tolerated than large meals.

☐ Take small mouthfuls and chew foods well.

☐ Drink 2 litres (8 cups) of liquid each day. The best choices are liquids that do not have caffeine or alcohol (such as water, milk, juice, or decaf coffee or tea).

☐ Wait 4 weeks after surgery before eating the following foods:
  › Raw vegetables and fruit (except bananas)
  › Whole wheat/whole grain breads, pasta, and brown rice
  › Nuts, seeds, and popcorn
  › Fried foods

If you have any questions, please ask. We are here to help you.
If you have high ostomy output (diarrhea):

- **Avoid or cut down on** prunes, figs, bran, spicy foods, high fat foods, chocolate, caffeine, carbonated (fizzy) drinks, grape juice, prune juice, and alcohol. These may increase ostomy output.

- **Eat more foods which may thicken stool (poop) such as:**
  - Applesauce
  - Bananas
  - Boiled barley
  - Boiled rice
  - Cheese
  - Oatmeal
  - Pasta
  - Potatoes (white or sweet) without skin
  - Smooth peanut butter
  - Soda crackers
  - Tapioca

- **Choose high potassium foods such as:**
  - Bananas
  - Fish
  - Juice (tomato and orange)
  - Meat
  - Milk
  - Potatoes (white or sweet)
  - Poultry
  - Squash

- **Drink more than** 2.5 litres (10 cups) of liquid every day.
To control gas:

- Avoid or cut down on drinking pop or fizzy drinks, chewing gum, eating too quickly, skipping meals, sucking on hard candy, and drinking with a straw.

- **These foods may give you gas:**
  - All raw vegetables
  - Bell peppers
  - Broccoli
  - Brussels sprouts
  - Cabbage
  - Cauliflower
  - Corn
  - Garlic
  - Melons
  - Onions
  - Peas and beans (dried)
  - Pickles
  - Turnips
  - Unpeeled apples
  - Pop, fizzy drinks

Going back to a regular diet

- After 4 weeks, add small servings (1/2 cup) of these foods back into your diet one at a time. Do not try more than one new food each day. This will help you figure out if these foods agree with you. Cramps, diarrhea, or swelling of the stoma are signs that your body is not tolerating the new food.
- Bit by bit, increase serving size as tolerated.
- Tolerance usually gets better over time.
To avoid constipation:
• Drink more liquids.
• Eat more cooked fruit and vegetables.
• 4 weeks after surgery:
  › Eat high-fibre cereals (4 or more grams of fibre per serving).
  › Choose more raw fruit and vegetables.
  › Enjoy whole wheat/whole grain breads, crackers, and bagels.

Guide to choosing foods in the first 4 weeks

<table>
<thead>
<tr>
<th>Best choices</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruit</strong></td>
<td></td>
</tr>
<tr>
<td>• Fruit juices (except prune juice)</td>
<td>• Prune juice</td>
</tr>
<tr>
<td>• Canned and cooked fruit like applesauce, peaches, pears, mandarin oranges</td>
<td>• Apples, apricots, berries, cranberries, currants, cherries, dates, figs, grapes, grapefruit, melons, nectarines, oranges, prunes, fresh peaches, fresh pears, pineapple</td>
</tr>
<tr>
<td>• Puréed fruit</td>
<td></td>
</tr>
<tr>
<td>• Ripe bananas</td>
<td>• All raw fruit (except bananas)</td>
</tr>
<tr>
<td></td>
<td>• Dried fruit</td>
</tr>
<tr>
<td>Best choices</td>
<td>Avoid</td>
</tr>
<tr>
<td>--------------</td>
<td>-------</td>
</tr>
<tr>
<td><strong>Grain products</strong></td>
<td></td>
</tr>
<tr>
<td>• White, light rye, or refined breads, rolls, and bagels; waffles, pancakes, biscuits, soda crackers, graham crackers, pretzels, Melba toast</td>
<td>• Whole wheat, multigrain, or dark rye breads, bagels, rolls, and crackers</td>
</tr>
<tr>
<td>• Cooked cereals: oatmeal, Cream of Wheat®, cornmeal</td>
<td>• Grain products with added bran, seeds, nuts, or coconut</td>
</tr>
<tr>
<td>• Dry cereals with 2 grams of fibre or less per serving, such as Cornflakes®, Rice Krispies®, Cheerios®, etc.</td>
<td>• Cereals with bran, raisins, or nuts</td>
</tr>
<tr>
<td>• White pasta, white rice</td>
<td>• High-fibre cereals</td>
</tr>
<tr>
<td><strong>Milk and alternatives</strong></td>
<td></td>
</tr>
<tr>
<td>• Milk, plain cheese, cottage cheese, smooth yogurt, and yogurt with fruits from the best choices fruits list</td>
<td>• Brown or wild rice</td>
</tr>
<tr>
<td></td>
<td>• Whole grain pasta</td>
</tr>
<tr>
<td></td>
<td>• Fibre-enriched white grain products such as “smart” pastas and breads</td>
</tr>
<tr>
<td></td>
<td>• Cheese or yogurt with seeds or nuts</td>
</tr>
<tr>
<td>Best choices</td>
<td>Avoid</td>
</tr>
<tr>
<td>--------------</td>
<td>--------</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>• All raw vegetables including salads and coleslaw</td>
</tr>
<tr>
<td>• Tender cooked or canned: beets, carrots, green and yellow beans, parsnips, puréed or canned tomatoes, tomato paste or sauce, squash, avocados</td>
<td>• Artichokes, asparagus, beet greens, broccoli, Brussels sprouts, cabbage, sauerkraut, cauliflower, green peppers, mushrooms, onions, peas, fresh tomatoes, turnip, spinach, zucchini</td>
</tr>
<tr>
<td>• Puréed vegetables</td>
<td>• Potato skins</td>
</tr>
<tr>
<td>• Tomato and vegetable juices</td>
<td></td>
</tr>
<tr>
<td>• Potatoes (white or sweet) without skin</td>
<td></td>
</tr>
<tr>
<td><strong>Meat and alternatives</strong></td>
<td>Nuts, seeds, chunky peanut butter</td>
</tr>
<tr>
<td>• Well-cooked, tender meats, fish, poultry</td>
<td>Baked beans, dried peas, and lentils</td>
</tr>
<tr>
<td>• Soft-cooked eggs</td>
<td>Fried eggs</td>
</tr>
<tr>
<td>• Smooth peanut butter</td>
<td></td>
</tr>
<tr>
<td>• Tofu</td>
<td></td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td>Popcorn, pickles, coconut, olives, marmalade, relish</td>
</tr>
<tr>
<td>• Smooth condiments</td>
<td></td>
</tr>
</tbody>
</table>
Looking for more health information? This pamphlet and all our active patient pamphlets are searchable here:
Contact your local public library for books, videos, magazines, and other resources.
For more information go to http://library.novascotia.ca

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!

Nova Scotia Health Authority
www.nshealth.ca

Prepared by: Food and Nutrition Services ©
Designed by: Nova Scotia Health Authority, Central Zone Patient Education Team
Printed by: Dalhousie University Print Centre

The information in this brochure is for informational and educational purposes only. The information is not intended to be and does not constitute healthcare or medical advice. If you have any questions, please ask your healthcare provider.

LC85-0568 Updated August 2016
The information in this pamphlet is to be updated every 3 years or as needed.