

Stomal Diet Information

Foods/drinks that can help soften output (ideal for colostomy)

Beans, Beer, Cabbage, Leafy Vegetables, Liquorice, Pear Or Prune Juice, Spicy Foods, Stone & Melon Fruit, Stewed Apples, Yoghurt

Foods/drinks that can produce wind

Alcohol, Beans, Broccoli, Brussel sprouts, Cabbage, Cauliflower, Corn, Cucumber, Melons, Milk products, Mushrooms, Onion, Peas, Soft drinks,

Foods that can cause a blockage

Apple skin, Bean shoots, Citrus fruit, Dried fruit, Fruit with seeds, Mushrooms, Nuts, Pineapple, Popcorn, Potato skins, Raw cabbage, Stir fry veg, Sweetcorn, Tomatoes. Whole grain food

Foods that can thicken output (ideal for ileostomy)

Banana, Bread (White Best), Cheese (Hard Only), Marshmallows (White Only), Noodles, Pasta, Potato, Pretzels, Psyllium Husk (Tsp Mixed With Food), Rice (White Best), Semolina, Stewed Apples, Yoghurt

Foods/drinks that can cause odour

Asparagus, Beans, Beer, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Cheese, Coffee, Eggs, Fish, Garlic, Mustard, Onions,

Foods/drinks that can help odour

Buttermilk, Cranberry juice, Orange juice, Parsley, Tomato juice, Yogurt

Fluids

Drink at least 1.5l of water.

Ileostomy patients may also need extra electrolytes in forms of hydralyte, Gatorade, powerade or make your own 1tsp of table salt in 500mls of water and add cordial

