

## Food Chart for Ostomy Patients

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It is important to know how certain foods may affect the output from your ostomy. You may find it helpful to eat food in smaller amounts, until you know how your body may respond. This list may help.

<b>Cause Food Blockage</b>	<b>Odor Producing (cont.)</b>
Apple peels	Fish
Cabbage, raw	Garlic
Celery	Onions
Chinese vegetables	Peanut butter
Corn, whole kernel	Some vitamins
Coconuts	Strong cheese
Dried fruit	
Mushrooms	<b>Gas Producing</b>
Nuts	Alcoholic beverages
Oranges	Beans
Pineapple	Soy
Popcorn	Cabbage
Seeds	Carbonated beverages
<b>Odor Producing</b>	Cucumbers
Asparagus	Dairy products
Baked beans	Chewing gum
Broccoli	Milk
Cabbage	Nuts
Cod liver oil	Onions
Eggs	Radishes

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

<b>Color Changes</b>	<b>Odor Control</b>
Asparagus	Buttermilk
Beets	Cranberry juice
Food colors	Orange juice
Iron pills	Parsley
Licorice	Tomato juice
Red Jell-O	Yogurt
Strawberries	
Tomato sauces	
<b>Cause High Output</b>	<b>Output Control</b>
Alcoholic beverages	Applesauce
Whole grains	Bananas
Bran cereals	Boiled rice
Cooked cabbage	Marshmallows
Fresh fruits	Peanut butter
Greens, leafy	Pectin supplement (fiber)
Milk	Tapioca
Prunes	Toast
Raisins	
Raw vegetables	
Spices	

*Adapted from the United Ostomy Association*