

1 **Healthy Eating for people with Ostomies**

By Shawna Tholen

2 **Goals**

- ▶ Review and encourage Healthy Eating
- ▶ Identify foods to reduce the risk of obstruction
- ▶ Identify ways to maintain hydration and electrolyte balance
- ▶ Identify foods to reduce large fecal output or thicken output
- ▶ Identify foods which may cause diarrhea
- ▶ Identify foods to minimize gas and odor
- ▶

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5 **Main Types**

- 1 Colostomy (most common)
- 2 ▶ Surgically created opening from the colon
 - ▶ Amount and type of output varies depending on amount of remaining colon
 - ▶ Output generally semi-formed or formed, 200-600ml/day
 - ▶ Need to prevent constipation
 - ▶ Gas and odor may be concerns
 - ▶
 - ▶

3 Ileostomy

- 4 ▶ Surgically created opening from the ileum
 - ▶ Output average 600-750ml/day as bowel adapts (normal 500-1000)
 - ▶ After 6-8 weeks, well-balanced diet encouraged
 - ▶ Most important nutrition issue = adequate fluid and electrolytes
 - ▶ Potential for intestinal blockage at stoma site

6 **General Tips**

- ▶ Eat slowly (not rushed) and chew food well
- ▶ Having largest meal in the middle of the day can decrease nighttime output
- ▶ Add potential problem foods slowly and keep a food log
- ▶ Don't skip meals (increases gas and watery stools)
- ▶

7 **Gas Formation**

Avoid practices that can lead to swallowed air and gas formation such as the following

- ❖ Chewing gum
- ❖ Using straws
- ❖ Smoking
- ❖ Chewing Tobacco
- ❖ Eating Quickly -Instead, take small bites and chew well
- ❖ Skipping meals or going too long without eating
- ❖ Limit gas-producing foods

8  **Gas Forming Foods**

▶ The following foods may cause gas:

- ▶ Broccoli
- ▶ Brussels sprouts
- ▶ Cauliflower
- ▶ Cabbage
- ▶ Garlic, Onion
- ▶ Eggs
- ▶ Fish
- ▶ Legumes
- ▶ Carbonated beverages

▶

▶

9  **Odor-producing foods**

- ▶ Broccoli
- ▶ Cabbage
- ▶ Brussels sprouts
- ▶ Cauliflower
- ▶ Garlic, Onion
- ▶ Eggs
- ▶ Fish
- ▶ Asparagus
- ▶ Baked beans
- ▶ Strong cheese

10  **What can I do to reduce the odor?**

- ▶ Drinking buttermilk or adding to your foods
- ▶ Eating yogurt
- ▶ Drinking Kefir – drink, pour over cereal, eat with fruit
- ▶ Adding fresh parsley in the foods you eat
- ▶ Drinking cranberry juice
- ▶ Drink Orange or tomato juice
- ▶ Eating spinach

11  **How to add odor reducing foods**

- ▶ Use yogurt, kefir, and parsley in smoothies
- ▶ Use kefir, yogurt, fresh parsley in salad dressings
- ▶ Use yogurt, kefir, and parsley in marinades
- ▶ Use parsley in salads, sauces, quiche, rubs
- ▶ Add parsley to pesto, soups, tomato sauces
- ▶ Chop parsley and sprinkle on sautéed vegetables, grilled fish, etc.

12  **Constipation**

- ▶ Sometimes a concern for people with colostomy
- ▶ Eat adequate fiber ~ 25-30 grams per day

- ▶ Eat WHOLE Fruits and vegetables
- ▶ Choose Whole grains: brown rice, whole grain pasta, bran cereals
 - ▶ Can use whole wheat pastry flour in baking
- ▶ Try a warm beverage or whole-grain cereal in the morning
- ▶ Drink adequate fluids- 8 cups water minimum per day
- ▶ Exercise, even if only a little extra walking
- ▶ Talk with physician if need a medication like a bulk laxative (ex. Psyllium)

13 **Foods that May Discolor Stool**

14 **Hydration**

- ▶ Very Important with Ileostomies
 - ▶ Need an EXTRA 2-3 cups fluid per day (more if diarrhea or increased sweating)
 - ▶ Aim for 10+ cups liquid per day for ileostomy- best to drink between meals and throughout the day
- ▶ Goal is clear-pale yellow urine
 - ▶ If it is darker, you are not drinking enough!
 - ▶ Can decrease odor with urostomy
- ▶

15 **Electrolytes- especially important with ileostomies**

1 ▶ *Sodium*

- ▶ Lost in ileostomy output
- ▶ Talk with doctor if your have been following a low sodium diet
- ▶ Liberalize sodium up to extra 1 teaspoon per day

2 ▶ *Potassium*

- ▶ Again, lost in ileostomy output
- ▶ Talk with doctor if you have been following low potassium (kidney disease)
- ▶ High in bananas, avocado, oranges, tomatoes, white potatoes, milk, and more

16 **Foods that contribute to diarrhea**

- ▶ Alcohol (including beer)
- ▶ Sugar-substitutes -sugar alcohols- sorbitol, mannitol, xylitol
 - ▶ Carbs altered so not well absorbed and have laxative effect
 - ▶ Found in processed sugar-free foods, gum, hard candy, ice cream, some liquid medications
- ▶ Peaches (and some stone fruits)
- ▶ Beans, baked or legumes
- ▶ High Fat foods
- ▶ High sugar foods
- ▶ Prunes or prune juice
- ▶ Caffeinated drinks
- ▶ Fruit juice
- ▶ High lactose foods (milk)- if lactose intolerant

17 **What can I do to firm up or thicken the output?**

- ▶ Bananas
- ▶ Rice-white
- ▶ Applesauce
- ▶ White bread/toast

- ▶ Potatoes- no skin
- ▶ Pasta- white
- ▶ Cheese, Yogurt
- ▶ Tapioca
- ▶ Saltine crackers

18  **High Output**

- ▶ Definition= 2 liters per day or consistently over 1.2 liters per day
- ▶ Losses: water, sodium, magnesium
- ▶ What to do?
 - ▶ Hydrate with glucose, saline solution (sports drinks too sugary)- at least 1 liter, sipped throughout day
 - ▶ *Gatorade G2: 4 cups (32oz bottle) G2 plus ½ teaspoon salt
 - ▶ *Sugar and salt water: 1 quart water, ¾ tsp salt, 6 teaspoons sugar
 - ▶ *Chicken Broth: 2 cups liquid broth (not low-sodium), 2 cups water, 2 Tablespoons sugar
 - ▶ Look for causes
 - ▶ Medication changes
 - ▶ Foods
 - ▶ Inflammatory bowel disease (Crohn's Ulcerative Colitis) recurrence
 - ▶ Other medical conditions
 - ▶
 - ▶ Call physician if continues
 - ▶
 - ▶
 - ▶ *From University of Virginia Health System Digestive Health Center

19  **Foods That May Cause Obstruction (ileostomy)
(don't eat in large amounts, chew well)**

20  **Stoma Obstruction:**

- ▶ Signs of potential blockage
 - ▶ No ostomy output
 - ▶ Malodorous watery output
 - ▶ Cramps
 - ▶ Abdominal distention
 - ▶ Nausea/vomiting
- ▶
- ▶ What to do: Hot bath may help, call physician

21  **Resources:**

- ▶ United Ostomy Associations of America: www.ostomy.org
- ▶ Crohn's & Colitis Foundation of America: www.ccfa.org
- ▶ American Cancer Society: www.cancer.org
- ▶ Academy of Nutrition and Dietetics: www.eatright.org
- ▶ The World's Healthiest Foods: www.whfoods.org
 - ▶ Non-profit providing reliable, scientifically accurate information, recipes
- ▶ Center for Science in the Public Interest: www.cspinet.org
 - ▶ Non-profit health and nutrition information
- ▶

OSTOMATES FOOD REFERENCE CHART

For individuals who have had ostomy surgery, it is important to know the effects of various foods on ileal output. The effects may vary with the remaining portion of functioning bowel.

Listed below are some general guidelines of the effects of foods after ostomy surgery. Use trial and error to determine your individual tolerance. Do not be afraid to try foods that you like, just try small amounts.

Stoma Obstructive

Apple peels
Cabbage, raw
Celery
Chinese vegetables
Corn, whole kernel
Coconuts
Dried fruit
Mushrooms
Oranges
Nuts
Pineapple
Popcorn
Seeds

Gas Producing

Alcoholic bev.
Beans
Soy
Cabbage
Carbonated bev.
Cauliflower
Cucumbers
Dairy products
Chewing gum
Milk
Nuts
Onions
Radishes

Odor Producing

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

Color Changes

Asparagus
Beets
Food colors
Iron pills
Licorice
Red Jello®
Strawberries
Tomato sauces

Constipation Relief

Coffee, warm/hot
Cooked fruits
Cooked vegetables
Fresh fruits
Fruit juices
Water
Any warm or hot beverage

Increased Stools

Alcoholic bev.
Whole grains
Bran cereals
Cooked cabbage
Fresh fruits
Greens, leafy
Milk
Prunes
Raisins
Raw vegetables
Spices

Odor Control

Buttermilk
Cranberry juice
Orange juice
Parsley
Tomato juice
Yogurt

Diarrhea Control

Applesauce
Bananas
Boiled rice
Peanut butter
Pectin supplement (fiber)
Tapioca
Toast