# Dietary Advice for Ostomates

## Coloplast Recommendations

### TO THICKEN FLOW TRY EATING MORE:
- Banana
- Boiled milk
- Boiled rice
- Cheese
- Marshmallows
- Noodles
- Pasta
- Jelly Babies

### TO SOFTEN FLOW TRY EATING MORE:
- Beans
- Leafy veg
- Spicy foods
- Beer
- Liquorice
- Stoned fruits
- Cabbage
- Prune juice
- Melon
- Caffeine

### TO REDUCE ODOUR TRY EATING MORE:
- Apples
- Buttermilk
- Charcoal tablets
- Green leafy veg
- Parsley
- Live yoghurt

### FOODS THAT MAY CAUSE WIND:
- Beer
- Cucumber
- Peas
- Broccoli
- Beans
- Soft drinks
- Cabbage
- Melons
- Spicy foods
- Cauliflower
- Milk products
- Chewing gum
- Onion
- Corn

### FOODS THAT MAY CAUSE BLOCKAGE:
- Beansprouts
- Sweetcorn
- Fruit with seeds
- Dried fruit
- Mushrooms
- Citrus fruit
- Nuts
- Pineapple
- Popcorn
- Potato skins
- Apple skins
- Tomatoes
- Stir fry veg
- Whole grains
- Courgette skin

### FOODS THAT MAY INCREASE ODOUR:
- Asparagus
- Coffee
- Stuffing
- Beans
- Eggs
- Garlic
- Beer
- Fish
- Cabbage
- Onions
- Cheese
- Brussel sprouts

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*For ileostomates only - it is important to chew well!*

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Please note: The information provided is to be used only as a guide and should not be relied upon as medical or dietary advice. Please consult your healthcare professional for further information.