

Dietary Advice for Ostomates

Coloplast Recommendations

TO THICKEN FLOW TRY EATING MORE:

Banana	Marshmallows	Potato
Boiled Milk	Noodles	Semolina
Boiled Rice	Pasta	Bread
Cheese	Jelly Babies	



TO SOFTEN FLOW TRY EATING MORE:

Beans	Leafy	Spicy Foods
Beer	Vegetables	Stone &
Cabbage	Liquorice	Melon Fruits
Caffeine	Prune Juice	



TO REDUCE ODOUR TRY EATING MORE:

Apples	Green Leafy	Yogurt / Live
Buttermilk	Vegetables	Cultured
Charcoal	Parsley	Tablets



FOODS THAT MAY CAUSE WIND:

Beer	Cucumber	Peas
Broccoli	Beans	Soft Drinks
Cabbage	Melons	Spicy Foods
Cauliflower	Milk /	
Chewing Gum	Milk Products	
Corn	Onion	



FOODS THAT MAY CAUSE BLOCKAGE:

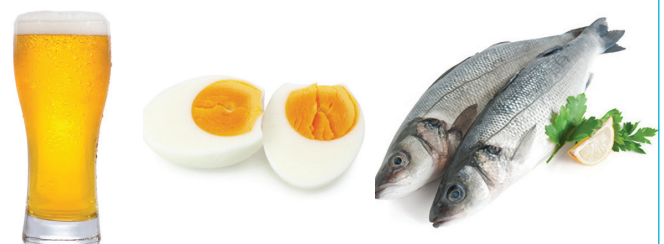
Bean Shoots	Citrus Fruit	Tomatoes
Sweetcorn	Nuts	Stir Fry Veg
Fruit with	Pineapple	Whole Grain
Seeds	Popcorn	Foods
Dried Fruit	Potato Skins	Courgette
Mushrooms	Apple Skin	Skin



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

FOODS THAT MAY INCREASE ODOUR:

Asparagus	Coffee	Stuffing
Beans	Eggs	Garlic
Beer	Fish	
Cabbage	Onions	
Cheese	Brussels	



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 health care professional for further information.