

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 veg	Spicy foods
Beer	Liquorice	Stoned fruits
Cabbage	Prune juice	Melon
Caffeine		



TO REDUCE ODOUR TRY EATING MORE:

Apples	Green leafy veg	Live yoghurt
Buttermilk	Parsley	
Charcoal tablets		



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	Citrus fruit	Tomatoes
Sweetcorn	Nuts	Stir fry veg
Fruit with seeds	Pineapple	Whole grains
Dried fruit	Popcorn	Courgette skin
Mushrooms	Potato skins	
	Apple skins	



FOODS THAT MAY INCREASE ODOUR:

Asparagus	Coffee	Stuffing
Beans	Eggs	Garlic
Beer	Fish	
Cabbage	Onions	
Cheese	Brussel sprouts	



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

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.

