

Diet & Beverage Suggestions for High Ostomy Output

Breads/Starches/Cereals
<ul style="list-style-type: none"> • Sliced breads, rolls • Bread stuffing • Pita bread, Naan bread • Tortillas – flour (whole wheat or white), corn • <u>Plain</u> banana bread, carrot or zucchini bread – low sugar content, no icing • Plain waffles or pancakes—no syrup (regular or diet) • Corn bread, plain muffins • Bagels, English Muffins • Pasta - all, macaroni, noodles—only use 2 tablespoons or less of any sauce/gravy • Rice - white, brown, or wild • Biscuits (without gravy) • Breadsticks
<ul style="list-style-type: none"> • Unsweetened cereals (with milk or eaten dry as a snack) such as: Cheerios[®], Corn Flakes[®], Rice Krispies[®], Rice, Wheat, & Corn Chex[®], Special K[®], Kix[®], puffed rice or puffed wheat • Hot cereals: cream of rice or wheat, grits, oatmeal
<ul style="list-style-type: none"> • Crackers: saltines, club, soda, Matzo, Goldfish[®], etc. • Corn or tortilla chips • Potato chips, reduced fat potato chips • Bagel snack crackers or chips • Rice cakes • Pretzels
<ul style="list-style-type: none"> • Potatoes, baked French Fries • Sweet potatoes, Yams • Plantain • Butternut squash, Pumpkin squash
Fruits - Limit to 2 servings total per day (1/2 cup)
<ul style="list-style-type: none"> • Banana – 1/2 • Unsweetened canned or fresh fruits (applesauce, blueberries, pears, peaches, mandarin oranges, apricots, melons, plums, etc.)
Vegetables
<ul style="list-style-type: none"> • Cooked carrots, squash, zucchini, eggplant, turnip or beets • Tomatoes • Tomato sauce – limit to ½ cup <p><u>In small amounts (< ½ cup per day):</u></p> <ul style="list-style-type: none"> • Leafy greens (romaine, spinach, red lettuce, collard greens, kale, etc.) • Green, red, or yellow pepper

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Protein Sources (Meats/Fish/Poultry/Eggs/Cheese/Nuts)
<ul style="list-style-type: none"> • Poultry (chicken or turkey) • Beef (flank steak, tenderloin, ground beef, meatloaf, etc.) • Pork (ham, Canadian bacon, pork chop, etc.) • Fish, fresh or canned • Shellfish (clams, crab, lobster, scallops, shrimp, etc.) • Game (duck or pheasant, venison, buffalo/bison)
<ul style="list-style-type: none"> • Regular cheeses (American, cheddar, Swiss, Monterey Jack, mozzarella, feta, Parmesan, etc.) • Cottage cheese or ricotta • Plain yogurt, yogurt sweetened with artificial sweeteners • Plain cow's milk, buttermilk, soy milk, or rice milk • Tofu
<ul style="list-style-type: none"> • Peanut, almond, cashew, sunflower seed, or soy butters • <u>Chew well</u>: Peanuts, almonds, cashews, pecans, walnuts
Fats – limit to 6 small servings per day if some colon is present
<ul style="list-style-type: none"> • Oils, salad dressing (full fat) • Mayonnaise, Miracle Whip® • Butter or margarine • Cheese, cream cheese • Avocado, Olives • Sesame paste (tahini), hummus • Bacon • Coconut (shredded)
Spices
<ul style="list-style-type: none"> • Salt, pepper, herbs, spices • Soy sauce, Worcestershire sauce, vinegar, Tabasco or Hot Pepper Sauce • Splenda®, Equal®, Sweet 'N Low®, Stevia, etc. • Dill Pickles • Unsweetened cocoa powder
“Low Sugar Desserts” LIMIT to one SMALL serving per day
<ul style="list-style-type: none"> • Plain (<u>no icing/sugar sprinkles</u>) cake donuts, Pound cake, Angel food cake • Graham crackers - 2 • Gingersnaps - 3 • Vanilla wafers - 6 • Angel food cake - PLAIN • Shortbread - 2 • Marshmallows - 3
BEVERAGES
<ul style="list-style-type: none"> • Soups, broth • Oral Rehydration solutions: <ul style="list-style-type: none"> ○ Ceralyte®, DripDrop® ○ Pedialyte® (or store brand equivalents, etc.) ○ G2 Gatorade® • Limit water unless specified otherwise by your healthcare practitioner • If allowed: less than 4 ounces coffee, tea, ice tea • If allowed: 4 ounces milk per day