



A Guide to Food Choices First 6 Weeks

Food Groups

Food Groups	Foods to Choose	Foods to Avoid
Fruit	Canned fruit (except pineapple) Cooked and peeled fruit Pureed fruits Raw fruits without skins and seeds such as ripe bananas and honeydew Pulp free fruit juice	Fresh fruit with skins or seeds such as apples, apricots, berries, cherries, figs, grapes, grapefruit, oranges, pineapple Dried fruits Fruit juices with pulp, prune juice
Vegetables	Canned or well cooked vegetables without skins or seeds such as carrots, beets, asparagus tips, winter squash, sweet or white potato, broccoli florets, processed tomato products Pureed vegetables without skin Pulp-free vegetable juice	Any raw or undercooked vegetables. Fibrous vegetables such as artichokes, Brussels sprouts, cabbage, cauliflower, celery, corn, cucumber, lettuce and salad greens, mushrooms, raw onions or onion rings, bean sprouts, peas, peppers, potato skins, radishes, tomatoes, spinach, collard greens, kale, Swiss chard, beet greens
Grains & Starches	White breads, crackers, rolls, bagels, biscuits, tortillas, pastas, pancakes, waffles Low fiber cereals White rice, couscous, polenta Pretzels Products with 2 grams or less of fiber per serving	Whole grain or whole wheat breads, crackers, rolls, bagels, tortillas, pastas, pancakes, waffles High fiber cereals Brown rice, wild rice, quinoa, barley, bulgur, buckwheat Any products baked with nuts or seeds Popcorn
Dairy & Milk Substitutes	Cheese, yogurt, cream cheese, cottage cheese, pudding, milk, almond milk, rice milk, soy milk, non-dairy creamer	Yogurt with pieces of fruit or seeds Cheese with nuts or seeds High fat dairy if poorly tolerated
Protein	Ground or well-cooked poultry, beef, lamb, pork, fish Eggs, tofu, seitan Creamy nut butters (for example, peanut butter, cashew butter, almond butter)	Tough, fibrous meats with gristle Legumes including beans and lentils Meats in casings or with whole spices Veggie patties with beans, whole grains, or corn Nuts, crunchy nut butters, seeds
Fats & Oils	Butter, vegetable oils, mayonnaise	Deep fried, greasy foods
Other	Seedless jam and jelly, ketchup, mustard, honey, syrup, sugar, ground herbs and spices	Coconut, pickles, relish, olives, ground mustard, chili sauce with pieces of skins or seeds, marmalade, jams/jellies with seeds Spicy foods if poorly tolerated

Transitioning Back to a Regular Diet

About six weeks after your surgery, swelling of your ostomy site should be reduced. You can then begin to add foods back into your diet. Try small portions from the list of foods that are in the avoid column in this handout. Try just one new food each day and watch for symptoms. Start with foods that you were able to eat without problems before surgery. Continue to chew well.

If you tolerate these foods, continue to add foods one at a time until you are back to your normal diet. If any foods

cause bloating, cramping, or nausea, make a note. Avoid those foods. After 2-3 more weeks you can try them again in small amounts.

Generally, there are no foods you will need to permanently avoid. In time you should be able to tolerate a regular diet. Some people continue to have discomfort after eating certain types of foods. Avoid foods and beverages if they are a problem for you.

Foods that May Affect Ostomy Output

May Produce Odor		May Increase Stool Output	
Asparagus	Cheese	Alcohol	Prunes, prune juice
Beans	Fish	Beans	Raisins
Broccoli	Garlic	Caffeinated beverages	Raw vegetables
Brussel sprouts	Mushrooms	Fried food	Spicy foods
Cabbage	Onions	Fruits with skins	Sugary beverages and foods
Cauliflower		Lactose	Whole grains
May Cause Stoma Blockage		May Produce Gas	
Apple peel	Grapefruit	Alcohol	Cauliflower
Celery	Mushrooms	Beans	Chewing gum
Coconut	Nuts	Broccoli	Cucumber
Coleslaw	Oranges	Brussel Sprouts	Dairy products
Corn	Pineapple	Cabbage	Eggs
Dried fruit	Popcorn	Carbonated beverages	Onions
Grapes	Salads	Peas	
May Change Stool Color		May Help Control Odor	
Asparagus	Iron supplements	Buttermilk	Tomato juice
Beets	Red Jell-O	Cranberry juice	Yogurt
Food colors (red)		Parsley (fresh)	
May Help Thicken Loose Stool		May Help Loosen Stool if Constipated	
Applesauce	Pretzels	Any warm or hot beverages	Cooked vegetables
Bananas	Saltine crackers	Coffee (warm/hot)	Fresh fruits
Cheese	White bread	Cooked fruits	Fruit juices
Creamy peanut butter	White pasta		Water
Marshmallows	White rice		
Oatmeal	Yogurt		
Potatoes (peeled)			