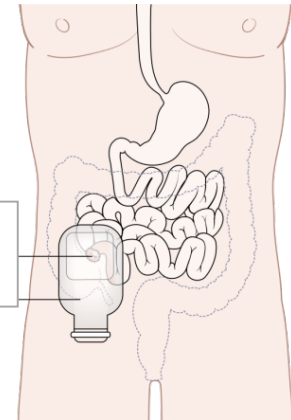


Ileostomy Diet

What is an ileostomy?

An ileostomy is created when a part of the small intestine is brought through the abdominal wall. This creates an opening, called a stoma that connects your digestive tract to the outside of your body. The opening is covered with a bag to collect stool.



Diet after Ileostomy

After surgery, the opening of your ileostomy will be swollen. The ileostomy diet is designed to avoid blockage at the opening of the site while swelling decreases. The diet should be followed for 6-8 weeks after surgery. Following this time period, you can slowly progress back to a regular diet.

General Guidelines

The ileostomy diet restricts insoluble fiber. Insoluble fiber is the part of the plant that cannot be digested. Foods high in fiber can block the opening of your ileostomy. The following are guidelines to help you limit dietary fiber and choose foods that will be easily digested.

- 1. Choose soft, peeled fruits.** Good options include canned fruits, pureed fruits, ripe bananas or pulp-free fruit juices. Avoid dried fruits and raw fruits with skins, membranes, or seeds.
- 2. Select well-cooked vegetables without skins or seeds.** Choose soft, cooked or canned vegetables, pureed vegetables, pulp-free vegetable juice or peeled potatoes. Avoid raw and stringy vegetables.
- 3. Pick refined grains.** Opt for white bread, refined cereals, white rice and white pasta. Avoid whole grains, brown rice, bran, and breads with nuts or seeds.
- 4. Eat well-cooked, tender meats.** Good protein choices include soft meats, flaky fish, eggs and cheese. Avoid meats that are tough, chewy, or in casings, like hot dogs and sausage.
- 5. Chew foods well.** Chewing is the first step in the digestion process. Chew foods to the consistency of applesauce, to avoid blockages and better absorb nutrients.
- 6. Drink plenty of fluids.** People with ileostomies are at risk for dehydration. Aim for at least 8 cups of fluids daily to help avoid dehydration. If your appetite is low, choose beverages with calories such as milk or 100% fruit juice.

Vitamins and Minerals

You may not get all the vitamins and minerals you need while following the ileostomy diet. Until your diet returns to normal, it is a good idea to take a chewable multivitamin with minerals such as Centrum Chewable or Trader Joe's High Potency Chewable Vitamin.

A Guide to Food Choices

Food Groups	Foods to Choose	Foods to Avoid
Grains and Starches	White breads, bagels, biscuits, low fiber cereals, couscous, cornmeal, cream of wheat, oatmeal, pancakes, pasta, polenta, pretzels, white rice, rolls, tortillas, and waffles Crackers such as saltines, graham crackers, and animal crackers	Whole grain breads, whole wheat bagels, barley, bulgur, high fiber cereals, whole wheat pasta, brown rice, wild rice, quinoa, whole wheat tortillas, and breads with added nuts or seeds. Whole grain crackers, popcorn, Cracker Jacks, snack mixes with nuts or seeds
Vegetables	Soft, tender-cooked, non-fibrous vegetables such as asparagus tips, avocado, broccoli florets, beets, carrots, green beans, peeled and cooked potatoes, sweet potatoes, mashed potatoes, peeled tomatoes, tomato sauce, winter squash and pureed vegetables Pulp-free vegetable juice	Any raw or undercooked vegetables. Fibrous vegetables such as artichokes, Brussels sprouts, broccoli stems, cabbage, cauliflower, celery, collard greens, corn, cucumber, lettuce, mushrooms, onions, parsnips, peas, peppers, potato skins, radishes, tomatoes, spinach, watercress, and zucchini
Fruit	Soft, peeled, non-fibrous fruits such as bananas, melons, nectarines, peaches and pears Canned fruits, drained Peeled and cooked fruits Pureed fruits such as applesauce Pulp-free fruit juices	Fresh fruit with skins or seeds such as apples, apricots, berries, cherries, figs, grapefruit, grapes, nectarines, oranges, peaches, pears, pineapple, and plums. Fruit juices with pulp, and prune juice Dried fruits
Dairy and Milk Substitutes	Cheese, cream cheese, ice cream, milk, almond milk, rice milk, soy milk, non-dairy creamer, and yogurt without pieces of fruit or seeds	Fruit flavored yogurt with pieces of fruit or seeds, high fat dairy if poorly tolerated
Protein	Tender, well-cooked or ground meats such as poultry, beef, lamb, ham, pork, organ meats and fish Eggs, tofu, seitan, veggie patties without beans, whole grains, or corn Creamy nut butters	Tough, fibrous meats such as steak Legumes including beans and lentils Meats in casing, like hot dogs and sausage, veggie patties with beans, whole grains, or corn, tempeh Nuts, crunchy nut butters, seeds
Fats and Oils	Butter, margarine, mayonnaise, oils, and salad dressings without seeds or chunks	Deep fried, greasy foods
Other	Seedless jam, jelly, cake and cookies without nuts, plain donuts, sugar, honey, syrup, Jell-O Baked goods without nuts or seeds	Seeded jams, baked goods with nuts or seeds, coconut Highly seasoned or spicy foods

3 Day Sample Menu

	Day 1	Day 2	Day 3
Breakfast	<ul style="list-style-type: none"> - Plain bagel - 2 Tbsp creamy peanut butter - 1 ripe banana, sliced - 1 Tbsp honey - 1 cup milk - 1 cup coffee or tea 	<ul style="list-style-type: none"> - 2 scrambled eggs - 2 pieces white toast - 2 tsp butter - ½ cup canned pears - ½ cup pulp free orange juice - 1 cup coffee or tea 	<ul style="list-style-type: none"> - 1 cup plain yogurt - ½ cup canned peaches - 1 Tbsp honey - 1 banana muffin, without nuts or seeds - 1 cup coffee or tea
Lunch	<ul style="list-style-type: none"> - 2 pieces white bread - 3 oz. sliced turkey - 1 slice cheese - 1 tsp mustard - 1 ripe pear, peeled - 1 cup vegetable juice 	<ul style="list-style-type: none"> - 2 cups tomato soup - 8 Ritz crackers - 2 oz. cheese - ½ cup ripe melon - 1 cup lemonade 	<ul style="list-style-type: none"> - 1 cup white rice - ½ cup well-cooked broccoli - ½ cup well-cooked carrots - 1 cup cubed tofu - 2 Tbsp teriyaki sauce
Snack	<ul style="list-style-type: none"> - 1 cup vanilla yogurt - ½ cup canned mandarin oranges 	<ul style="list-style-type: none"> - 2 graham crackers - 2 Tbsp creamy peanut butter - 1 cup milk 	<ul style="list-style-type: none"> - 1 cup applesauce - 16 animal crackers - 1 cup vanilla soymilk
Dinner	<ul style="list-style-type: none"> - 3 oz. chicken breast - 1 white flour tortilla - ½ cup grated cheese - ¼ of an avocado - 1 ripe nectarine, peeled - 1 cup water with lemon 	<ul style="list-style-type: none"> - 1½ cup pasta - ½ cup tomato sauce, without chunks - 3 oz. meatballs - 2 Tbsp parmesan cheese - ½ cup well-cooked green beans - 1 cup water with lemon 	<ul style="list-style-type: none"> - 4 oz. Salmon - 2 Tbsp barbeque sauce - ½ cup well-cooked asparagus tips - 1 cup mashed potatoes, no skins - 2 tsp butter - 1 cup water with lemon
Snack	<ul style="list-style-type: none"> - 1 medium chocolate chip cookie - 1 cup milk 	<ul style="list-style-type: none"> - ½ cup vanilla ice cream 	<ul style="list-style-type: none"> - 1 ripe banana - 1 Tbsp almond butter - 1 cup milk

Note: This sample menu does not provide enough fluids for a day. Make sure you drink at least 8 cups of fluid throughout the day for adequate hydration.

Transitioning Back to a Regular Diet

About 6 weeks after surgery, swelling of your ostomy site should be reduced and you can slowly add foods back into your diet. Going back to a regular diet should be a transition. It should be done slowly so your body can adapt and tolerate new foods.

Start by adding one new food to your diet each day. Add new foods in small portions, such as half an apple with lunch. If you tolerate the addition of these foods, continue adding foods to your diet until you are back to your normal diet. If any foods cause bloating, cramping, or blockage of your ostomy site, take note. Avoid those foods for a while longer, and try them again another time. Remember, there are no foods you need to permanently avoid. You should eventually be able to tolerate a regular diet.

Common Issues with Ileostomies

Odor

Odor may be controlled by making changes to your diet. However, cleanliness of your ileostomy bag and odor resistant appliances are also helpful in controlling odor. Foods that commonly cause odor include asparagus, beans, broccoli, cabbage, cauliflower, cheese, eggs, fish, and onions. Trial and error may be the best way to find out what causes gas or odor in your body.

Gas

Gas is a normal part of digestion. If you feel you are having excess gas there are ways to help reduce gas production.

- Eat regular meals and do not skip meals.
- Relax and eat slowly to avoid swallowing air.
- Avoid chewing gum and drinking through a straw.
- Reduce carbonated beverage intake.

Certain foods that can cause gas include asparagus, beans, beer, broccoli, cabbage, cheese, fish, melons, milk, and onions.



High Ostomy Output

Average ileostomy output ranges from 800 to 1,200 milliliters or 3 to 5 cups per day. Right after surgery, output may be watery but should progress to the consistency of applesauce over the first few weeks. It is normal to empty your ileostomy bag 6-8 times per day when it is half full. An ostomy output of more than 2 liters, or 8 cups, in 24 hours is considered high output. High ostomy output can put you at risk for dehydration, poor nutrient absorption, and weight loss.

Foods That Increase Stool Output

Foods and beverages high in sugar, sugar alcohols, alcohol and caffeine can increase stool output and cause diarrhea. If you have high output, it may be helpful to limit the following:

- High sugar foods such as corn syrup, honey, juice, soda, and syrup.
- Sugar alcohols like sorbitol, mannitol, or maltitol. Common items that include these are sugar-free cookies, ice creams, and candy. Sugar alcohol is also found in sugar-free syrups and some liquid medications.
- Alcoholic beverages such as beer, wine and liquor.
- Caffeinated beverages such as coffee, sodas, and tea.

Foods That Decrease Stool Output

Certain foods can help to thicken stool and decrease output. To help decrease stool output, eat applesauce, bananas, oatmeal, smooth peanut butter, peeled potatoes, white rice, and yogurt without seeds or chunks.

Dehydration

With a new ileostomy, dehydration is a common issue. If you often feel thirsty or have dark colored urine, you may be dehydrated. To avoid dehydration, drink plenty of fluids; 8 cups each day.

If you have high ostomy output, you are at an even higher risk of dehydration. In this case, you may need to add up to 6 cups of an oral rehydration solution per day, and limit all other liquids to less than 2 cups per day. With high ostomy output, oral rehydration solutions are better absorbed because they are made of a blend of water, salt, electrolytes, and sugars to replace excess losses. Good options include Equalyte, Drip drop, and Ceralyte 90. You can also make homemade versions of oral rehydration solutions.



Homemade Oral Rehydration Solution:

- 1/2 teaspoon salt
- 1/2 teaspoon salt substitute (potassium chloride)
- 8 teaspoons sugar
- 1/2 teaspoon baking soda
- 4½ cups water

Apple Juice Based Solution:

- 1 cup apple juice
- 3 cups water
- 1/2 teaspoon salt

Combine until dissolved. Crystal Light may be added to improve flavor.