

EFFECTS OF FOOD ON STOMA OUTPUT

FOODS THAT THICKEN STOOL

Rice
Bread
Pasta
Cheese
Yogurt
Pretzels
Tapioca
Potatoes
Bananas
Applesauce
Marshmallows
Creamy peanut butter

FOODS THAT LOOSEN STOOL

Chocolate
Raw fruits
Fried foods
Greasy foods
Raw vegetables
Highly spiced foods
Prune or grape juice
Dried or string beans
Leafy green vegetables
(lettuce, broccoli, spinach)

FOODS THAT CAUSE STOOL

Fish
Eggs
Garlic
Beans
Onions
Turnips
Cabbage
Broccoli
Asparagus
Cauliflower
Some spices
Brussel sprouts

FOODS THAT CAUSE URINE ODOR

Seafood
Asparagus

FOODS THAT COLOR STOOL

Beets
Red Jell-O

FOODS THAT CAUSE GAS

Beer
Onions
Cabbage
Broccoli
Cucumbers
Cauliflower
Brussel sprouts
Dried and string beans
Carbonated beverages

Taken from:
Ostomies and Continent
Diversions,
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