



# Nutritional Advice for Stomas

— problem solving

## *CHEW ALL FOODS WELL*

Blockage foods	Foods which may cause diarrhoea	Possible gas-forming foods
Popcorn Coleslaw Relishes Nuts Coconut Celery Corn on cob Chinese food Raw pineapple Skins Seeds Dried fruits Casings on meat	Beans Broccoli Spinach Prune juice Highly spiced food Raw fruits Liquorice Red wine Beer Chocolate Fried foods	Onions Cucumbers Broccoli Cauliflower Corn Dried beans and lentils Carbonated drinks Beer Raw apples Melons Plums Raisins

**Note:** Other causes of gas are gulping or swallowing while eating. Skipping meals, chewing gum, snoring, frequent swallowing and tension.

Odour-forming foods	Foods to thicken stool	Foods to prevent constipation
Baked beans Onions Cabbage and family Eggs Fish Some cheeses Alcohol Asparagus Coffee To decrease odour try: Buttermilk Yoghurt Parsley	Apples sauce Bananas Boiled milk Butter milk Yoghurt Cheese Rice Tapioca Peanut butter Wholemeal bread Marshmallows	Fresh fruits Juices Raw vegetables Bran cereals Kiwifruit Whole wheat biscuits Unprocessed bran – 2 to 3 tablespoons added to foods daily