

Dietary Guideline for an Ostomate

<i>Foods that increase odor</i>	<i>Foods that increase gas</i>	<i>Foods that thicken stool</i>	<i>Foods that loosen stool</i>	<i>High-fiber foods that may cause blockages</i>
asparagus	beans	applesauce	green beans	dried fruit
broccoli	beer/ carbonated soda	bananas	beer	grapefruit
brussels sprouts	broccoli	cheese	broccoli	nuts
cabbage	brussels sprouts	boiled milk	fresh fruits	corn
cauliflower	cabbage	marshmallows	grape juice	raisins
beans	cauliflower	pasta	raw vegetables	celery
eggs	corn	creamy peanut butter	prunes/juice	popcorn
fish	cucumbers	pretzels	spicy foods	coconut
onions	mushrooms	rice	fried foods	seeds
some spices	peas	bread	chocolate	coleslaw
	radishes	tapioca	spinach	Chinese vegetables
	spinach	toast	leafy green vegetables	meats with casings
	dairy products	yogurt	aspartame/ Nutrasweet	oranges
		bagels		