

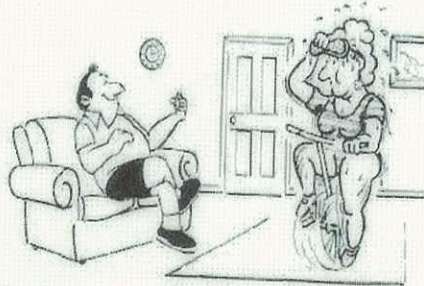
Dieting

Dieting, stoma or not, comes down to one simple message backed by every slimming magazine and book on the market, and there are a lot of them:

REDUCE YOUR CALORIE INTAKE AND INCREASE YOUR AMOUNT OF EXERCISE

There are about as many different diets around as there are slimming magazines, but crash diets and very low fat diets are not a good idea for people with stomas. Few doctors recommend them, as they mostly do not give you the full range of nutrients that you need.

You also have to remember that your stoma will work whether you eat or not. Skipping meals or reducing fluid intake will lead to dehydration, wind and, for ileostomists, a highly liquid stool.



- Try and stick to a modified calorie controlled diet. Calorie counting booklets are available in newsagents and bookshops.
- Cut out foods high in fat – no butter in sandwiches or on potatoes, replace them with low fat alternatives; skimmed milk instead of whole milk.
- Keep stocks of soft fruit, very low fat yoghurts, low calorie soups, so you can eat when you are hungry and keep a check on the calories.
- Increase complex carbohydrates; plenty of fruit and vegetables.
- Moderate protein; chicken and fish rather than red meat.
- Cut down on sugar: sweets, biscuits and cakes.
- Take extra exercise. Walk instead of taking the car; get off the bus a few stops earlier; walk during the lunch hour.

COMMON SENSE + HEALTHY DIET + MORE EXERCISE = GOOD DIET