

Ileostomy Diet

Purpose: The ileostomy diet is designed to avoid blockage of an ileostomy or a narrowed gastrointestinal tract and to reduce fecal output.

Use: The diet is designed for use post-surgically for a patient with an ileostomy or ileorectostomy. It may also be used when narrowing of the esophageal or intestinal lumen occurs and after abdominal surgery in progression to a more liberal diet.

Adequacy: This diet restricts dietary fiber, the plant cell material that is resistant to digestion. This diet can be nutritionally adequate when attention is given to selecting a variety of foods. However, strict reductions in vegetable and fruit use will limit ascorbic acid and folate intake. Individual food use should be assessed and supplemented accordingly.

General Guidelines:

1. **Limit fruits to the following:** Fruit juice; canned and skinless fruits; pureed fruits and ripe bananas. Avoid raw fruits and canned fruits that have skins or seeds.

2. **Limit vegetables to the following:** Vegetable juices; tender cooked vegetables limited to asparagus tips, beets, broccoli tips, carrots, peeled eggplant, peeled potatoes, peeled tomatoes, pumpkin and squash; other vegetables in pureed form are acceptable.
3. Use white or refined breads and cereal products, rice and pasta products.
4. Choose well cooked, tender meat, poultry, fish, eggs and cheese. Avoid meat and shellfish with tough connective tissue or gristle. Avoid meats in casings, like hot dogs and sausages.
5. Chew all foods thoroughly.
6. Drink plenty of liquids to avoid dehydration.
7. **Foods more likely to cause blockage include:**

Celery	Coconut	Coleslaw
Dried Fruit	Grapefruit	Corn
Popcorn	Salads	Nuts
Raw Carrots	Oranges	

Suggested Meal Pattern

BREAKFAST	LUNCH	DINNER
Orange juice	Tomato soup	V8 juice®
Corn flakes	Lean hamburger on seedless bun	Broiled chicken breast
Ripe banana	Canned peaches	Mashed potatoes and gravy
White toast	Cookies	Asparagus tips
Margarine/jelly	Milk/coffee/tea	Dinner roll/margarine
Milk/coffee/tea		Milk/coffee/tea

Ileostomy Diet, CONT.

FOOD GROUP	FOODS YOU MAY EAT	FOODS TO AVOID
Milk Products	Milk; cream; plain cheese; plain yogurt	Cheese with seeds or nuts; yogurt with nuts, seeds or fruit skins
Meat and Meat Substitutes	Ground or well cooked tender beef, ham, veal, lamb, pork or poultry; eggs; fish; oysters; shrimp; lobster; clams; liver; smooth peanut butter	Tough fibrous meats with gristle; chunky peanut butter; dried peas and lentils; meats in casings like sausage or hot dogs
Breads and Starches	White, rye, graham breads and rolls; sweet rolls, donuts, waffles, pancakes; French toast, biscuits, matzoh Soda, saltines, graham crackers; pretzels, rusks, melba toast, zwieback <u>Cooked cereals:</u> cornmeal, farina, cream of wheat, Malt o Meal®, oatmeal: <u>Dry cereals:</u> corn, rice, oats and refined wheat cereals Mashed, baked (without skins), creamed potatoes; macaroni, spaghetti, noodles, white rice, hominy; potato chips	Breads, rolls or crackers with added bran, seeds, nuts or coconut Cereals with whole, grain, bran, raisins or nuts; cereals advertised as “high fiber” Potato skins; brown or wild rice; popcorn
Vegetables	Tomato and vegetable juices; <u>Tender cooked or canned:</u> asparagus tips, beets, broccoli tips, carrots, eggplant (peeled), pureed or canned skinless tomatoes, tomato paste or sauce, winter squash, pumpkin, avocado; pureed vegetables	All raw vegetables; artichokes, baked beans, beet greens, brussel sprouts, cabbage, sauerkraut, cauliflower, collard and mustard greens, green peppers, parsnips, peas, mushrooms, onions, rutabagas, fresh tomatoes, turnips, spinach, watercress, zucchini, green beans
Fruit	Fruit juices except prune juice; <u>Cooked and canned:</u> applesauce, peaches, pears, fruit cocktail; mandarin oranges; pureed fruit; ripe bananas	Apples, apricots, berries, cranberries, currants, cherries, dates, figs, grapes, grapefruit, guavas, melons, nectarines, oranges, prunes, fresh peaches, fresh pears, fresh pineapple, fresh plums, fresh rhubarb; dried fruit
Fats and Oils	Margarine, butter, cream, mayonnaise, salad oils, plain salad dressings made from allowed foods, plain gravy, crisp bacon	
Other	<u>Soups and Combination Foods:</u> Bouillon, broth, cream soups made from allowed foods; any strained or pureed soup; casseroles or mixed dishes made from allowed foods <u>Desserts/Sweets:</u> Plain cakes and cookies, gelatin, sherbert, ice cream, popsicles; pudding custard, cream pies, pies made from allowed fruits; hard candy, honey, jelly, molasses, syrup, sugar, chocolate syrup, gum drops, marshmallows <u>Condiments:</u> Catsup, horseradish, prepared mustard, vinegar, cocoa powder; all spices and herbs	<u>Soups:</u> Soups made from vegetables not allowed <u>Pizza:</u> Made with vegetables not allowed <u>Desserts:</u> Desserts or candy that contain nuts, coconut or dried fruits; jam, preserves, marmalade <u>Condiments:</u> Coconut; pickles; olives

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