



CityDietitians

Dietary Advice for Ileostomy and Internal Pouch Patients

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About me



WORKED IN THE NHS-
ELDERLY MEDICINE,
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SPECIALISED IN
SURGERY/GASTRO



PHD STUDENT



FREELANCE/ PRIVATE
PRACTICE DIETITIAN
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OF LIFE

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Ileostomy



No one food contains all the nutrients needed for health so you should choose a variety of foods from each of the following groups to achieve an adequate intake.



Foods and fluids can have an impact on stoma output volume and consistency as well as symptoms.



Need to avoid high output stoma (>1L in 24hrs)

To thicken flow, try eating...

- Banana
- Marshmallows
- Potato
- Boiled milk
- Noodles
- Semolina
- Cheese
- Jelly babies
- Boiled rice
- Pasta
- Bread

Foods that may cause wind

- Beer/alcohol
- Cucumber
- Peas
- Broccoli
- Beans
- Soft drinks
- Cabbage
- Melons
- Cauliflower
- Milk products
- Chewing gum
- Onion
- Corn
- Spicy foods

Foods that may cause
blockage

- Beansprouts
- Citrus fruit
- Tomatoes
- Sweetcorn
- Nuts
- Stir fry veg
- Fruit with seeds
- Pineapple
- Whole grains
- Dried fruit
- Popcorn
- Courgette skin
- Mushrooms
- Potato skins
- Apple skins

Is there something that cannot be eaten?



There's no reason to restrict yourself from certain foods.



Don't be scared of trying new foods, but just be sensible.



It will only take a little trial-and-error to find a balanced diet that feels right for you.



Internal Pouch- starchy foods

- Starchy Foods These provide energy, vitamins and fibre.

Examples include:

Bread, chapattis, Breakfast cereals, oats, Pasta, Rice, Potatoes, sweet potatoes, Noodles, Plantains, green bananas, yam.

Dishes made with maize, millet and corn meal
These foods are reported to help thicken the stool and reduce frequency so include a variety of foods from this group and make them the main part of your meals. Eat all types and include high fibre kinds if tolerated.



Protein foods

- These provide protein, vitamins and minerals which are essential for health and repair of body tissues.

Examples include:

- Meat- beef, pork, bacon, lamb, liver, kidney, Poultry- chicken, turkey, fish, Eggs, Beans, baked beans, peas, lentils, Nut products- peanut butter, ground nuts, Meat alternatives- textured vegetable protein, quorn, and tofu.



Fruit and vegetables

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- Provide fibre and a range of vitamins and minerals which are essential for good health.
 - Choose a wide variety and aim for 5 portions a day.

If you find that some fruits and vegetables upset you, then try:

- Peeled fruits, Tinned fruits in natural juice, Stewed baked or pureed fruits, Fruit juices (unsweetened), Well cooked or pureed vegetables, Vegetables in soup or casseroles, **pureed if necessary**

Fluids

Fluid and Salt Eight to ten cups (1.5 to 2 litres) of fluid per day are adequate for most people under normal circumstances.

- However, should your fluid loss increase (e.g. an increased output from the pouch, vomiting or increased sweating) then you should take extra salt rather than extra fluid, to prevent dehydration.
- You could try: Adding extra salt to foods during cooking, adding extra salt after serving, eating more salty foods such as cheese, bacon, ham, sausages, smoked fish (kippers), shellfish, canned fish (tuna, sardines, salmon), meat and fish pastes, tinned foods such as spaghetti and ravioli.





Meal pattern

- Meal pattern is very individual and may be affected by social circumstances.
- Try to develop a regular eating pattern for acceptable pouch function.
- Smaller meals may be better tolerated, but in this case it is important to eat more often to ensure adequate intake.
- Aim to eat your meals in a relaxed environment.
- Take your time and chew food thoroughly.
- Late evening meals may increase pouch frequency during the night and some people have reported benefits from changing the time of their main meal to earlier in the day or reducing the size of their evening meal.

Any foods to avoid?

Symptoms	Associated Foods
Passing undigested food	Mushrooms, sweetcorn, potatoes with skin, lentils, peas, nuts, seeds, tomatoes, lettuce, peppers, carrots, apple, pear, pineapple, Chinese food
Increased stool frequency	Chocolate, coffee, spicy foods (Indian, Mexican), cabbage, green beans, root vegetable, citrus fruits, tinned fruit, stewed rhubarb, apple, pear, melon, grapes, fruit juice, wine, beer, wholemeal bread, Weetabix, milk, cream, fried food
Decreased stool output	Bread, rice, pasta, banana
Anal irritation	Spicy foods (chilli, curry, sauces), nuts, seeds, citrus fruits and juices
Abdominal bloating	Fizzy drinks
Increased urgency	Chocolate, fresh peaches
Loose stools	Chocolate, fruit juice
Increased wind	Baked beans, broccoli, Brussels sprouts, cabbage, cauliflower, onion, garlic, peas, leeks, asparagus, lentils, spicy foods, beer, milk, fizzy drinks, lager
Increased stool odour	Fish (white, smoked, oily), onions, garlic, eggs



Any helpful
foods to
include?



The following foods have been reported to improve pouch function by thickening the stool and reducing pouch frequency.

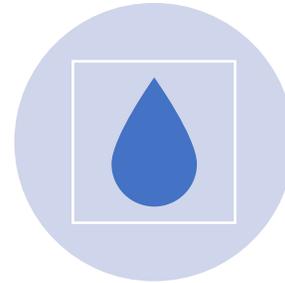
However, they do need to be included daily to achieve this effect.

- White rice
- Pasta
- White bread
- Banana

Summary



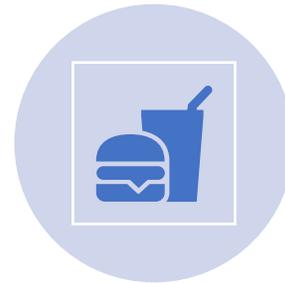
Take a varied and well balanced diet for good health.



Ensure an adequate fluid and salt intake to prevent dehydration.



Develop a regular eating pattern for acceptable pouch function



Try all foods and only avoid those which repeatedly cause unacceptable symptoms

CityDietitians



- Evidence-based nutrition advice from world-leading dietitians
- We are a team of 11 specialist, highly experienced dietitians with a range of expertise including oncology, paediatrics, gut health, and eating disorders

Get in
touch!



CityDietitians

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Contact a dietitian if you're worried about your stoma output or to optimise your diet and nutritional status.