



STARTING
THE 4TH WEEK
AFTER SURGERY

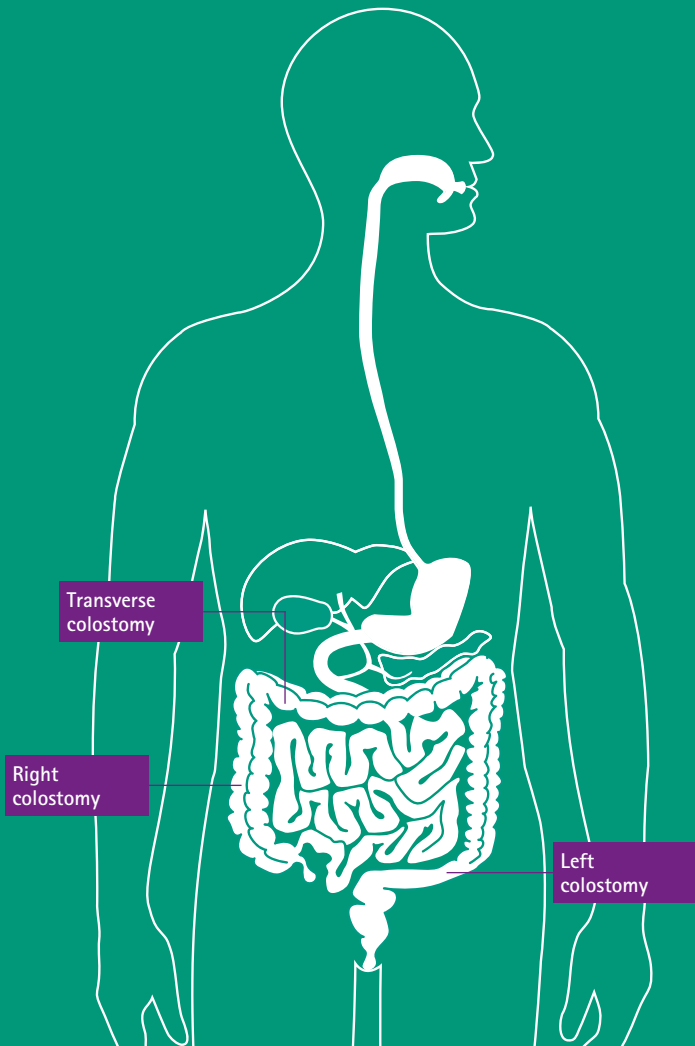
COLOSTOMY NUTRITION PATIENT BOOKLET

Impact of nutrition

The digestive tube is the organ that absorbs **food, vitamins, minerals and water**. Due to the stoma being located in the colon, most of them are absorbed.

However certain categories of foods or drinks **irritate the digestive tract** modifying the consistency of the output and **may cause bloating**.

The only foods that keep an optimal capacity to be absorbed are **starches**
They are also our key energy source



AN APPROPRIATE NUTRITIONAL SURVEILLANCE

FOOD ALLOWED 🍷



Starches

- Bread
- Potatoes
- Non whole wheat cereals, rice, pasta, quinoa, bulgur, semolina

Proteins

- Fish
- Meat
- Eggs
- Ham



Vegetables

- Low-fiber vegetables are preferred

Sauces

- May brighten up your meals

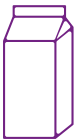


Notes:

FOOD TO BE AVOIDED

Some starches

- Corn
- Whole wheat bread
- Whole wheat cereals
- Excess of pulses (chickpeas, lentils, peas, beans)



Irritating foods and drinks

- Milk and dairy products (yoghurt, cottage cheese)
- Excess of raw fruits and vegetables
- Tea and herbal teas
- Sparkling water and sodas

Some sauces

- Avoid spicy or cream based sauces



Notes:

OVERVIEW OF A BALANCED DIET

Starting the 4th week after surgery

BREAKFAST

Drink + bread with +/- butter +/- jam or honey



LUNCH

Starches (minimum half a plate) + protein + cheese or fruit



Notes:

DINNER

Starches (minimum half a plate) + vegetables + cheese or fruit



+/- SNACK morning and/or afternoon

Bread with... (butter, jam, chocolate or cheese)



Notes:

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