



STARTING
THE 4TH WEEK
AFTER SURGERY

JEJUNOSTOMY

NUTRITION PATIENT BOOKLET

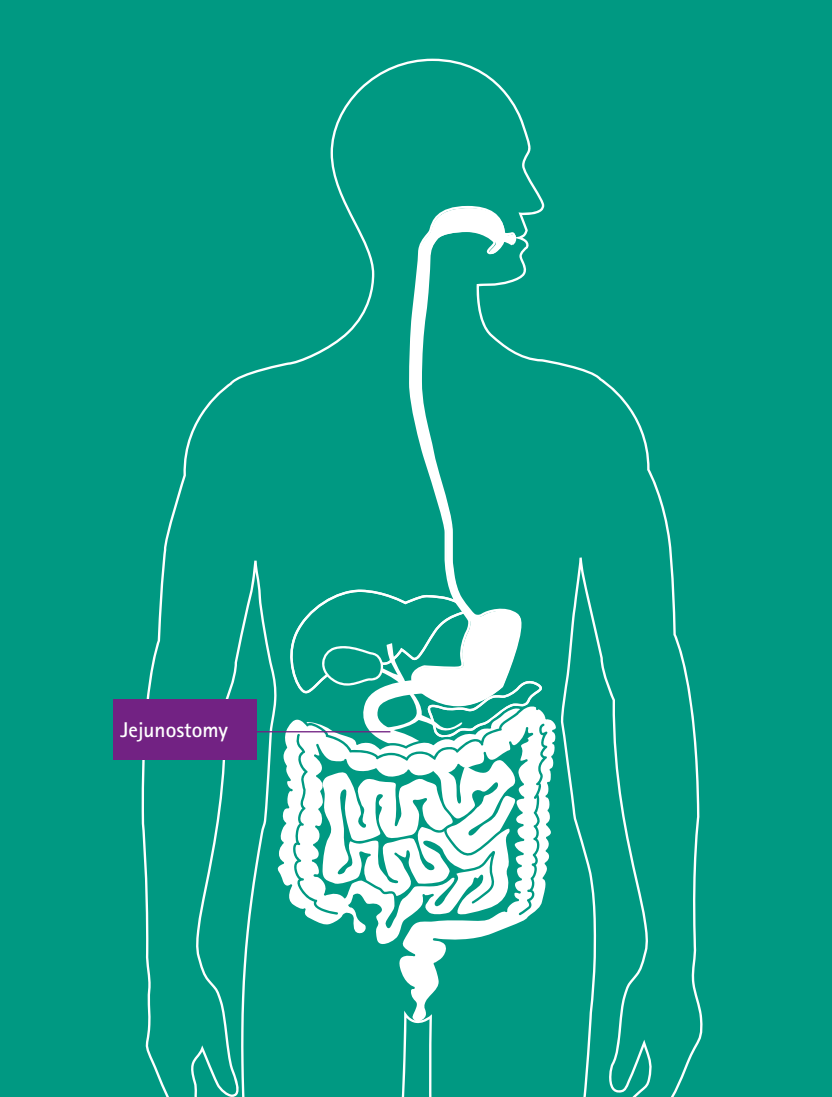
Impact of nutrition

The digestive tube is the organ that absorbs **food, vitamins, minerals and water**.

Due to the stoma being located at the **beginning of the intestine, absorption** is very reduced. The consequences are high output and risk of malnutrition.

Moreover, certain categories of foods or drinks **irritate the small intestine** increasing the volume of the output.

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



The diagram illustrates the human digestive system within a white outline of a torso. The esophagus is shown as a vertical tube leading to the stomach. The small intestine is depicted as a long, coiled tube originating from the stomach. A jejunostomy tube is shown as a thin tube that enters the mouth, passes down the esophagus, and is inserted into the jejunum (the middle part of the small intestine). The large intestine is shown as a larger, more complexly coiled tube below the small intestine. A purple rectangular box with the text 'Jejunostomy' is positioned to the left of the tube's insertion point, with a thin white line pointing to the tube.

Jejunostomy

AN APPROPRIATE NUTRITIONAL SURVEILLANCE

FOOD ALLOWED



Starches

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

Proteins

- Fish
- Meat
- Eggs
- Ham



Vegetables

- Are not necessary but not prohibited

Sauces

- May brighten up your meals



Notes:

FOOD TO BE AVOIDED

Some starches

- Corn
- Whole wheat bread
- Whole wheat cereals
- Pulses (chickpeas, lentils, peas, beans)



Irritating foods and drinks

- Milk and dairy products (yoghurt, cottage cheese)
- 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 puree



Notes:

DINNER

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



+/- SNACK morning and/or afternoon

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



Notes:

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