



STARTING
THE 4TH WEEK
AFTER SURGERY

ILEOSTOMY NUTRITION PATIENT BOOKLET

Impact of nutrition

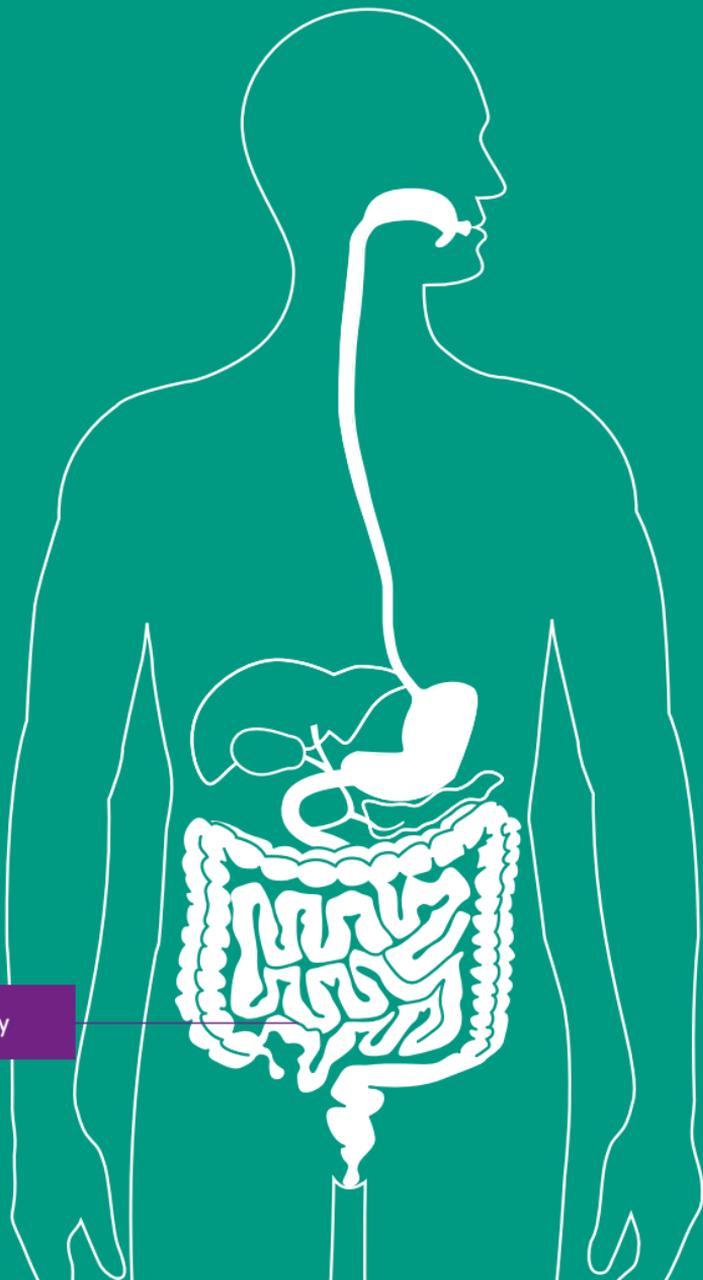
The digestive tube is the organ that absorbs **food, vitamins, minerals and water**.

Due to the stoma being located at the second part of the small intestine, absorption is reduced with risk of deficiencies.

Moreover certain categories of foods or drinks **irritate the small intestine** modifying the consistency of the output.

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

Ileostomy



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
- 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

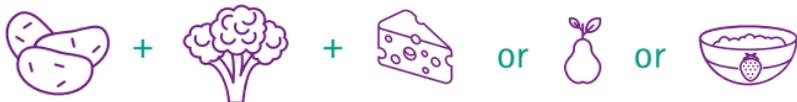
Starches (minimum half a plate) + protein + cheese, fruit or fruit puree



Notes:

DINNER

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



+/- SNACK morning and/or afternoon

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



Notes:

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