

THE STOMA SAFE FOODS GUIDE

Your Everyday Guide to Eating with Confidence & Control

A practical guide for ostomates
to choose the right foods,
avoid discomfort and
live life fully.



Prevent blockages
Know which foods
to approach with care.



Reduce gas & bloating
Manage foods that
can cause excess gas.



Promote consistent output
Choose foods that support
predictable output.



Eat with confidence every day
Enjoy your meals and
live life to the fullest.



Food is Freedom.

Practical guidance. Better choices.
A healthier, **more confident you.**



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FOODS THAT MAY CAUSE BLOCKAGES



These foods are high in **insoluble fibre**. They do not dissolve in water and stay solid as they move through your digestive tract. If not chewed well enough, they can clump together and cause a blockage.



1 SWEETCORN (KERNEL CORN)

The outer golden hull is completely indestructible to human stomach acid and passes through whole.



5 WET BILTONG

The tough, fibrous texture can be hard to break down and may cause blockages if not chewed well.



2 POPCORN

The dry, unpopped kernels and sharp hulls act like a tiny net inside your bowel, trapping other food particles.



6 MUSHROOM CAPS

Have a unique rubbery structure that absorbs fluids and swells up like a heavy sponge instead of dissolving.



3 NUTS, SEEDS & COCONUT

Break down into hard, jagged pieces that don't soften, no matter how much your stomach processes them.



7 DRIED FRUITS (RAISINS, SULTANAS, FIGS)

Absorb the liquids you drink, swelling back up to nearly their original size while remaining sticky and fibrous.



4 RAW CELERY

Held together by long, high-tensile strings which act like ropes in your bowel if not chewed aggressively.



8 FRUIT SKINS & VEGETABLE PEELS

The tough skin on fruits and veggies is pure insoluble fibre. Peel them whenever possible to keep your output smooth.



THE GOLDEN RULE CHEW, CHEW, CHEW!

Your teeth are now the primary blender for your digestive tract.



REMEMBER

- ✓ Chew food until it's the consistency of smooth applesauce
- ✓ Introduce new foods slowly
- ✓ Drink plenty of water with meals



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MANAGING GAS & BALLOONING



Gas is a normal part of digestion, but certain foods and habits can increase it. Knowing your triggers can help you stay comfortable, confident and in control.

COMMON GAS-PRODUCING FOODS



BROCCOLI

Contains raffinose, a sugar that produces gas during digestion.



CABBAGE

A high-fibre vegetable that can be difficult to break down completely.



BEANS & LEGUMES

High in complex sugars that can cause gas and bloating.



GARLIC

Contains natural compounds that can increase gas.



ONIONS

A source of fructans, which can lead to excess gas and discomfort.



FIZZY DRINKS

Carbonation introduces extra gas into your digestive system.



BEER & ALCOHOL

Can irritate the digestive tract and increase intestinal gas.



DAIRY PRODUCTS

May cause gas if you are lactose intolerant or sensitive.

HIDDEN GAS TRAPS



SMOKING

Swallowing air while smoking can lead to excess gas.



CHEWING GUM

Increases the amount of air you swallow unintentionally.



DRINKING THROUGH STRAWS

Drinking through a straw introduces more air into your system.



TOP TIP

Eat slowly, chew well, and listen to your body. Small changes can make a big difference!



STAY HYDRATED

Drinking enough water throughout the day helps your digestive system function smoothly.



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FOODS THAT PROMOTE CONSISTENT OUTPUT



Choosing the right foods can help you feel more comfortable, support your digestive system and give you confidence every day.



WHITE STARCHES

Easy to digest and help thicken output.

- ✓ Rice
- ✓ White Bread
- ✓ Pasta
- ✓ Crackers



LEAN PROTEINS

Important for healing and maintaining strength.

- ✓ Chicken
- ✓ Fish
- ✓ Eggs



COOKED VEGETABLES

Soft, well-cooked vegetables are gentle and easy to process.

- ✓ Carrots
- ✓ Butternut
- ✓ Pumpkin
- ✓ Baby Marrow



NATURAL BALANCERS

These foods can help maintain a healthy, balanced output.

- ✓ Bananas
- ✓ Applesauce



FOOD IS FREEDOM

The right choices today can lead to more comfort, more confidence and a better quality of life.



GENTLE
on your system



PREDICTABLE
results



EASY TO DIGEST
for everyday
confidence



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THE NURSE'S EVERYDAY TOOLBOX

Simple tools and foods that can help you feel more comfortable every day.



ODOUR CONTROL

These foods may help reduce odour naturally.



BUTTERMILK

Natural and gentle odour reducer.



LIVE CULTURE YOGHURT

Supports good gut bacteria.



CRANBERRY JUICE

May help reduce odour and support urinary tract health.



STOOL THICKENERS

These can help thicken output when needed.



MARSHMALLOWS

Can help thicken loose output.



JELLY BABIES

Another quick option to firm things up.



MARIE BISCUITS

Low in fat and fibre, helping to firm loose stool.



PEOPLE WITH ILEOSTOMIES MUST EAT 6-8 SMALL MEALS

Eating smaller, more frequent meals can help with digestion and energy levels.

Food Is FREEDOM



Having a stoma shouldn't take away the joy of eating.

Learn how your body responds, make informed choices, and enjoy meals with confidence.

You deserve to live life to the fullest.



HYDRATION MATTERS

People with ileostomies lose more water and electrolytes than normal.

- ✓ Don't drink large glasses of plain water.
- ✓ Always add something like rehydrate to your water.
- ✓ Never drink a glass of fluid – rather drink $\frac{1}{4}$ of a glass every half an hour because absorption is very limited.
- ✓ Watch for signs of dehydration:
 - Dark urine
 - Dizziness
 - Fatigue
 - Headaches
 - Muscle cramps



TIP: Your body absorbs small sips far better than large volumes at once.



NEED SUPPORT?



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