

# Nutrition

## What are some common intestinal reactions to food?

Common intestinal reactions by food type.

<b>Gas Producing</b>	Asparagus, beans, beer, broccoli, Brussels sprouts, cabbage, carbonated beverages, cauliflower, chewing gum, cucumbers, dairy products (eggs, milk), legumes (lentils), melons, nuts, onions, peas, pickles, radishes, soy products, spicy foods
<b>Incomplete digestion*</b>	Apple peels, cabbage, celery, Chinese vegetables, coconut, corn, dried fruit, leafy green vegetables, mushrooms, nuts, pineapple, pith from citrus (white fibrous coverings of oranges), popcorn, raw/crunchy vegetables, raw/undercooked meat (sushi, rare steaks), seeds, skins from fruits, skins from vegetables
<b>Thickened stool</b>	Applesauce, bananas, cheese, creamy peanut butter, hot cereals (Cream of Wheat, oatmeal, rice), marshmallows, pasta, pudding, potato (without skin), rice, tapioca, unseasoned crackers, white bread/toast, yogurt
<b>Thinned stool</b>	Alcoholic beverages, apple juice, baked beans, chocolate, fresh/raw fruits, fresh/raw vegetables, fried foods, grape juice, high-sugar foods, leafy green vegetables, milk, prune juice, spicy foods
<b>Increased odor</b>	Alcohol, asparagus, broccoli, brussel sprouts, cabbage, cauliflower, dried beans, eggs, fatty foods, fish, garlic, legumes, onions, peas, radishes, smoked foods, strong cheese, some medications, some vitamins
<b>Reduced odor</b>	Buttermilk, cranberry juice, parsley, probiotics (e.g. yogurt), smaller/more frequent meals, staying well hydrated, odor eliminators (drops, gels, sprays, tablets, essential oils, sachets that can be placed in the ostomy pouch)
<b>Constipation Relief**</b>	Bran products, coffee (warm/hot), fruit (fresh, raw, or cooked), oatmeal, prunes, raisins, vegetables (fresh, raw, or cooked), water, warm beverages, warm soups, whole grains
<b>Color Changes</b>	Asparagus, beets, food colorings, iron pills, licorice, red jello, strawberries, tomato sauce

\*Mainly applies to ileostomy. People with an ileostomy are at greater risk for stoma blockage/obstruction. These food types should be eaten with caution and not introduced into the diet until 4-6 weeks after surgery. Introduce them slowly, one at a time, and chew well.

\*\*Mainly applies to colostomy. Increasing the amount of fiber in your diet will help you avoid becoming constipated. Discuss options with your MD.

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The Colorectal Cancer Alliance is a national organization committed to ending colorectal cancer within our lifetime. We are your allies — a national network of passionate survivors, caregivers and advocates dedicated to helping you and your family navigate all aspects of the disease, from diagnosis and treatment to a lifetime of progression-free survival. We are a community of people eager to share experiences, address your concerns, and answer your questions. We understand the different stages of the colon cancer journey because we've been there. We are here for you when you need us because we believe tomorrow can't wait.

