

I have an ostomy, what foods can I eat at holiday gatherings?

SAMPLE

Menu

Protein

- ✓ Tender, moist turkey & other poultry
- ✓ Ham
- ✓ Tofu

Sides

- ✓ Gravy without mushrooms
- ✓ Mashed sweet or white potatoes without skins
- ✓ Cooked rice
- ✓ Pasta
- ✓ Steamed, skinless, seedless vegetables
- ✓ Cranberry Sauce

Breads

- ✓ Dinner or crescent rolls

Dessert

- ✓ Pumpkin Pie
- ✓ Shortbread cookies
- ✓ Bread pudding

Beverages

- ✓ Water or decaffeinated tea

CAUTION* *These foods could cause you problems:*

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| <ul style="list-style-type: none">➤ Tough, fibrous meats➤ Stuffing w/ celery, nuts, mushrooms &/ or sausage➤ Potatoes with skins; sweet potato casserole (has nuts and sometimes pineapple)➤ Raw vegetables➤ Anything with corn➤ Cranberry relish | <ul style="list-style-type: none">➤ Grainy or nut bread➤ Carbonated beverages➤ Alcohol (can dehydrate you)➤ Pecan Pie➤ Cookies with fruit/nuts➤ Fruitcake➤ Ambrosia (fruit salad with coconut and grapes) |
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* Dietary restrictions vary based on the type and age of your ostomy and how well you tolerate certain foods. You may also have limitations from other conditions such as diabetes and high blood pressure. Chew foods well, eat slowly and stop eating when you're full. Know how foods affect your ostomy so you can make meal choices that are best for you.