

Wake Surgical Center, INC.

FOR OUR STOMA PATIENTS

Foods that may increase odor:

asparagus
broccoli
brussell sprouts
cabbage
cauliflower

eggs
fish
garlic
onions
some spices

Foods and beverages that may increase gas:

beans
beer
broccoli
brussel sprouts
carbonated beverages

cauliflower
corn
cucumbers
mushrooms
spinach

Foods that are high in fiber:

celery
chinese vegetables
coconut
coleslaw
(raw cabbage)
corn
dried fruits
(such as raisins,
dried figs, and
apricots)

foods with non-
digestible peels
(such as apples with
peels, potatoes with
peels, and grapes)
meat with casings
(such as sausage,
wieners, and bologna)
mushrooms
nuts
popcorn