

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> • Vegetables that are soft and well cooked, without skins or seeds, except those in the “foods not allowed” list 	<ul style="list-style-type: none"> • Fruits or vegetables with nuts or seeds on them • Alfalfa sprouts • Bean sprouts • Cabbage • Raw carrots and celery • Corn • Cucumber skin • Pepper skin • Lettuce • Mushrooms • Olives • Peas • Pickles • Spinach • Vegetable seeds • Zucchini skin
Fruits	<ul style="list-style-type: none"> • Fruits except those in the “foods not allowed” list 	<ul style="list-style-type: none"> • Fruit skins, membranes and seeds • Dried fruits • Pineapple
Salads	<ul style="list-style-type: none"> • Potato salad • Pasta salad 	<ul style="list-style-type: none"> • All other salad
Grain Products	<ul style="list-style-type: none"> • White or other low fibre bread and buns, rye bread • White rice • White pasta • Lower fibre hot cereals (eg. cream of wheat, oatmeal) • Lower fibre cold cereals (eg. Rice Krispies®) 	<ul style="list-style-type: none"> • Whole wheat or whole grain breads • Brown Rice • Wild Rice • Whole grain cereals • Popcorn • Whole wheat pasta
Milk & Alternatives	<ul style="list-style-type: none"> • All, (unless bothered by lactose) • Fortified soy beverages • Soy cheeses • Lactose-hydrolyzed milk • Rice milk 	<p>If having problems with lactose:</p> <ul style="list-style-type: none"> • See “Lactose Free Diet” • Fluid, powdered or evaporated milk • Yogurt • Cheese • Other foods that contain lactose • Yogurt or cheese with seeds

Item	Foods Allowed	Foods Not Allowed
Meat & Alternatives	<ul style="list-style-type: none"> • Soft, well cooked meats, fish and poultry without high fibre breading 	<ul style="list-style-type: none"> • Legumes such as dried beans and peas (eg. Kidney beans, split peas) and lentils • Meats, fish and poultry with high fibre breading • Tough fibrous meats, casing of sausage and other meats • Nuts, seeds (e.g. sunflower seeds, walnuts or peanuts), coconut
Soups	<ul style="list-style-type: none"> • All, except those in “foods not allowed” 	<ul style="list-style-type: none"> • Soups containing vegetables with skins or seeds or ingredients in the “foods to avoid” list • Soups containing milk or cheese (if problem with lactose) • Soups containing dried beans, peas or lentils
Oils & Fats (Limit fat intake to 2 – 3 Tbsp. per day)	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • None
Desserts & Sweets	<ul style="list-style-type: none"> • Chocolate limited • All except those with ingredients not allowed 	<ul style="list-style-type: none"> • Desserts containing coconut • Desserts containing nuts or seeds
Fluids	<ul style="list-style-type: none"> • All, except those in “foods not allowed” 	<ul style="list-style-type: none"> • Carbonated beverages • Alcoholic beverages • Prune juice

Notes:

- Individual tolerances for caffeine, foods higher in sugar and fat may vary.
- After 6-8 weeks, a person with an ileostomy may be able to gradually introduce the foods not allowed into the diet one at a time to determine tolerance.

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN): Healthy Eating Guidelines for People who have an Ileostomy, 2013