



Non-perishable, low-fiber foods items:

Meats/Protein

- Canned meats (in water): tuna, salmon, sardines, chicken, ground beef → **must be cooked, tender**
- Canned chicken soup
- Smooth nut butters (peanut, almond)
- Powdered milk (if able to tolerate lactose)

Vegetables

- Canned: green beans, carrots, asparagus tip, squash, turnips → must be cooked, soft
- Potatoes: boiled, mashed (without the skin) → if at home and able to cook.
- Canned **peeled** tomatoes (without the skin)
- Vegetable juices, without pulp
- Canned broths or strained vegetable soups

Fruits

- Fresh ripe bananas
- Applesauce
- Canned fruits without skin or seeds
- Small amounts of cantaloupe or honeydew melon
- Ripe and peeled apricots or peaches
- Fruit juices, without pulp (4 ounce serving size, diluted with water)

Grains (white grains only)

- White bread, bagel, dinner roll
- Crackers, pretzels (not whole grain)
- Low-fiber cold cereals (not whole grain): without seeds, nuts or dried fruits (E.g. Corn Flakes).

Note:

- These recommendations are specially tailored for bowel diversion ostomates who have undergone surgery in the past 6-8 weeks. The list above consists on low-fiber, low sugar and no artificial sweeteners foods that are non-perishable.
- For long-term bowel diversion ostomates, the above-mentioned restrictions may not be appropriate unless they are experiencing a high ostomy output.