

Nutrition Recommendations following Colostomy Closure

The goal of nutrition following [colostomy closure](#) is to limit / avoid the foods that may cause constipation. Foods high in insoluble fiber and foods that have a laxative effect to help promote bowel movements are recommended. Note, if your child is under the age of 12 months and is breast fed keep in mind that once foods are introduced the consistency and frequency of stool will change and breast milk will no longer have its laxative effect. It is important to offer well balanced meals by offering a meat, carbohydrate and either fruit or vegetable at all meals.

Baby foods to Include to help avoid constipation: Stage I-II (~4-8 months of age)

- Baby oatmeal
- Peas
- Baby prunes
- Spinach
- Mixed grain cereal
- Mixed vegetable
- Pears
- Carrots
- Green beans
- Prunes with pears
- Blueberries
- Baby prune juice
- Apple juice
- Pears and raspberry combo
- Sweet Potatoes

Foods to introduce at ~8-10months of age

Note foods should be soft in texture and cut into small pieces

- Anything from the list above
- Canned pears
- Fresh strawberries, watermelon, honeydew melon, peeled grapes, and kiwi
- Whole wheat waffles
- Whole wheat bread or toast
- Whole wheat pita



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- Whole wheat macaroni and cheese or pasta
- Steamed broccoli, green beans, cauliflower, green beans, peas, avocados
- Whole wheat veggie pizza
- Graham cracker sticks or crackers

Foods to introduce from 10 months on

- Anything from lists above

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| • Cauliflower | • Graham crackers | • Bulgur |
| • Spinach, raw | • Lima beans | • Popcorn |
| • Cabbage, green | • Kidney beans | • Corn tortillas |
| • Kernal Corn | • Strawberries | • Whole wheat breads |
| • Broccoli, raw | • Blueberries | • Whole wheat pastas |
| • Blackberries | • Cranberries | • Bran cereals: Raisin Bran, Bran flakes |
| • Carrots | • Cherries | • Whole wheat pita |
| • Cucumbers | • Dates | • Barley |
| • Tomatoes | • Prunes | • Rye bread |
| • Green Peas | • Prune juice | • Almonds |
| • Baked potato with skin | • Raisins | • Sesame seeds |
| • Green beans | • Melons | • Brazil nuts |
| • Split peas | • Pears | • Chick peas |
| • Guava | • Lentils | • Fresh pineapple |

- Kiwi
- Sweet Potatoes
- Parsnips
- Grapes
- Raspberries
- Chunky Peanut butter
- Green/ red peppers
- Mushrooms
- Northern Beans

Foods to avoid from 4months on:

- Rice cereal
- Yams
- Bananas
- Artichokes
- Applesauce
- Rutabagas
- Papayas
- Orange
- Winter squash
- Potatoes without skin
- Corn meal
- Mango
- Tangerines
- Combination baby foods containing bananas and applesauce
- White bread, high sugar cereals, white pasta and white rice

Large amounts of high fat dairy products may constipate some children and have no effect on others. Provide enough dairy products to meet calcium needs for age. *See chart below.*

How much calcium do I need everyday?

0-6 months	210 mg
7-12 months	270 mg
Ages 1-3	500 mg/day

Ages 4-8	800 mg/day
Boys and Girls Ages 9-18	1,300 mg/day

Which foods are good sources of calcium?

Food & Serving Size	Calcium (milligrams)	Food & Serving Size	Calcium (milligrams)
Yogurt, 1 cup	400	Orange juice, calcium added, 1 cup	200
Milk, 1 cup	302	Bok Choy, 1/2 cup, cooked	79
Ricotta, 1/2 cup	337	Turnip greens, 1/2 cups, cooked	99
Swiss, 1oz.	272	Orange, 1 medium	56
Mozzarella, 1oz.	183	Collard greens, 1/2 cup, cooked	178
Macaroni and Cheese, 1/2 cup	180	Kale, 1/2 cup, cooked	90
Cheese Pizza, 1 slice	220	Broccoli, 1/2 cup, cooked	36
Canned sardines, w/ bones, 3 oz.	330	Tofu, firm (calcium set), 1/2 cup	258
Canned salmon, w/ bones, 3 oz.	181	Black-eyed peas, 1 cup	212
<i>Calcium Fortified Foods</i>		Navy beans, 1 cup	128

Soy milk, calcium added, 1 cup	300	Almonds, 1/2 cup	94
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Contact the Colorectal Center at Cincinnati Children's

For more information or to request an appointment for the Colorectal Center at Cincinnati Children's Hospital Medical Center, please [contact us](#).