



Foods & Stoma Noise

A quick chart to help you find your own triggers

Some foods tend to make more gas (and more stoma sounds) or stronger odor. Everyone is different, so use this chart as a starting point, then track what your own body does.

Often more gas

- Beans, lentils and peas
- Broccoli, cabbage, cauliflower, Brussels sprouts
- Onions
- Corn
- Carbonated drinks and beer
- Dairy, if you are sensitive to lactose
- Eggs
- Nuts
- Spicy or fried foods

Often more odor

- Eggs
- Fish
- Garlic and onions
- Asparagus
- Broccoli and cabbage
- Some strong cheeses
- Strong spices like cumin and curry
- Alcohol

May help

- Yogurt or kefir
- Buttermilk
- Cranberry juice
- Parsley
- Eating slowly and chewing well
- Skipping straws and chewing gum
- Small, regular meals

Try one new food at a time

Start with a small amount and notice what happens over the next day. If a food bothers you, wait a few weeks and try it again. Drink plenty of fluids, especially with an ileostomy.

My food and noise tracker

Date	Food or drink	Time	Gas or noise (0 to 3)	Notes

With an ileostomy, high-fiber foods such as corn, nuts and raw vegetables need extra chewing and care. Follow your care team's diet advice. Sources: hospital and ostomy association nutrition guides, including UMM Health and Ostomy Canada.

Educational information only, not medical advice. Your ostomy nurse knows your situation best.

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