

Healthy Eating for people with pouches

A brief guide prepared by :

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Introduction

This booklet includes:

- Information about the re-introduction of food for those with a new pouch
- Guidelines to help you choose a healthy diet
- Guidance about diet in relation to developing acceptable pouch function.

The booklet is based on the reported experiences of some members of the Red Lion Group together with information from other studies. The research was undertaken and completed in 1997 by Julie Lanigan and Heidi Tang as a joint project for Surrey University and Northwick Park & St Mark's NHS Trust and was facilitated by Morag Pearson and Julia Williams

While the experience of others may serve as a guide, remember that as an individual you may respond differently to food both before and after surgery and therefore you should base food choices on your own personal tolerance.

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The New Patient

After surgery, it is important to take a well balanced diet to help healing and to enable you to regain any weight lost before surgery. If your operation is planned, for example in the case of a two or three stage pouch, you should eat well between operations to build up your strength.

As with any operation, you may find that it takes time for your appetite to return, especially if you were unwell before the surgery. It is a good idea to reintroduce food gradually, starting with a light, soft diet which is easy to digest and will not disturb the internal surgical join (anastomosis) during healing: -

Include protein foods such as meat, fish, eggs cheese and milk to help wound healing.

- Eat starchy carbohydrates such as bread, cereals, potatoes, pasta and rice to give you energy and to help thicken your pouch output.
- If your appetite is poor take smaller meals with snacks in between such as sandwiches, cheese and biscuits, yoghurts or nutritious drinks like milk, Complan, Build-up or other supplements as recommended by your dietitian.
- Choose plainly cooked foods and avoid spicy or highly seasoned dishes, fried foods and fibrous foods.

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- Be cautious with foods which are more frequently reported to upset pouch function (see table on page10).

It takes time for your pouch to adapt and you may experience loose, frequent stools for several weeks. During this time you may be losing more fluid and salt than is normal and therefore be at risk of developing dehydration. To prevent this, you should increase your fluid and salt intake:

- Aim for at least 6 - 8 cups of fluid per day (1½- 2 litres) including water, tea, coffee and sugar-free squashes.
- Add extra salt to your meals. One teaspoon of salt spread evenly throughout the day is adequate.

As your pouch settles, your stool will thicken and become less frequent, but you should continue to ensure that you have an adequate fluid and salt intake.

The Established Patient

Once your pouch begins to adapt and you become used to its normal function, you will feel more confident to experiment with food and many people find they can enjoy the freedom of a full and varied diet.

Choosing A Healthy Diet

No one food contains all the nutrients needed for health, so you should choose a variety of foods from each of the following groups to achieve an adequate intake (this may be modified by your dietitian if you are under or over weight).

Protein Foods

These provide protein, vitamins and minerals which are essential for health and repair of body tissues. Examples include: -

- Meat - beef, pork, bacon, lamb, liver, kidney
- Poultry - chicken, turkey
- Fish
- Eggs
- Beans - peas, baked beans, lentils
- Nuts chewed well or nut products such as peanut butter
- Meat alternatives - textured vegetable protein, Quorn, Tofu

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Include two portions from this list each day. Try to cook foods without adding extra fat.

Red meats, liver, kidney, oily fish, eggs and pulses are good sources of iron which is important for healthy blood, so try to include these regularly.

Dairy Produce

Milk, cheese and yoghurt are good sources of calcium which is important for healthy bones. These foods also provide protein and some vitamins.

Try to drink half to one pint (300-600 mls) of milk each day or its equivalent as cheese or yoghurt. One cup of milk (1/3 pint/200 mls) contains the same amount of calcium as one small carton of yoghurt (5ozs/150mls) or 1oz/30g of cheese. Choose lower fat alternatives whenever you can.

Starchy Foods

These provide energy, vitamins and fibre. Examples include: -

- Bread, chapattis
- Breakfast cereals, oats
- Pasta
- Rice
- Potatoes, sweet potatoes
- Plantains, green bananas
- Dishes made with maize, millet and corn meal

These foods are reported to help thicken the stool and to reduce frequency so include a variety of foods from this group. Make these foods the main part of your meals, eat all types and include high fibre kinds if tolerated.

Fruit and Vegetables

These provide a range of vitamins and minerals which are essential for good health.

- Choose a wide variety
- Try to eat at least five small portions per day

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If you find that some fruits and vegetables upset you, then try: -

- Peeled fruits
- Tinned fruits in natural juice
- Stewed, baked or pureed fruits
- Fruit juices (unsweetened)
- Well cooked or pureed vegetables
- Vegetables in soup, pureed if necessary

Fats and Oils

These provide energy, essential fats and some vitamins but too much fat is not good for health so use the following foods sparingly:

- Butter
- Margarine
- Low fat spreads
- Cooking oils
- Mayonnaise and oily salad dressings

Fats and Sugar

The following foods contain fats and sugars and may be enjoyed as a treat, but try not to eat them too often and, when you do, have small amounts:

- Cakes, Biscuits
- Puddings, Ice Cream
- Chocolate, Sweets
- Crisps
- Sugar, Sweetened Drinks

Fluid

Six to eight cups (1/2 - 2 litres) of fluid per day are adequate for most people under normal circumstances. However, should your fluid loss increase (e.g. an increased output from the pouch, vomiting or increased sweating) then you should take extra fluid and salt to prevent dehydration. If your symptoms are severe or prolonged then consult your doctor, who may recommend a rehydration solution for you.

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Alcohol

Excessive amounts of alcohol are not good for health. Some types, such as beer and wine may increase wind and pouch frequency.

Take alcohol in moderation. Up to 28 units/week for men or 21 units/week for women, spread throughout the week with one or two drink-free days.

1 Unit is equal to 1/2 pint beer, a single measure of spirits, a small glass of sherry or a glass of wine.

Diet and Pouch Function

Meal Pattern

Meal pattern is very individual and may be affected by social circumstances.

- Try to develop a regular eating pattern which allows acceptable pouch function
- Smaller meals may be better tolerated, but in this case it is important to eat more often to ensure an adequate intake
- Aim to eat your meals in a relaxed environment
- Take your time and chew food thoroughly

Late evening meals may increase pouch frequency during the night and some people have reported benefits from changing the time of their main meal to earlier in the day or reducing the size of their evening meal.

Are there any foods which I should avoid?

Not as a rule. However, as a guide, foods in the following table are more frequently reported to be associated with certain symptoms and you may wish to avoid, or be careful with these, in the early days following surgery.

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Associated Foods

Symptom

Mushrooms, sweetcorn, potatoes with skin
lentils, peas, nuts, seeds, tomatoes, lettuce
peppers, carrots, apple, pear, pineapple,
Chinese food

passing undigested food

Baked beans, lentils, peas, onions, garlic,
brussel sprouts, cabbage, cauliflower,
broccoli, fizzy drinks, lager

increased wind

Chocolate, coffee, spicy foods (Indian,
Mexican, curry), cabbage, green beans,
root vegetable, citrus fruits, tinned fruit,
stewed rhubarb, apple, pear, melon, grapes,
fruit juice, wine, beer, wholemeal bread,
weetabix, milk, cream, fried food

increased stool frequency

Nuts, seed, spicy foods (chilli, curry, sauces)
citrus fruits, fruit juice

anal irritation

Fish (white, smoked, oily), onions, garlic,
eggs

increased stool odour

Chocolate, fruit juice

loose stools

Chocolate, fresh peaches

increased urgency

Fizzy drinks

abdominal bloating

Please remember that people are very individual and what upsets one person may be well tolerated by another. Try all foods and only avoid those which repeatedly cause unacceptable pouch function. Tolerance may change with time, so periodically retry small quantities of any foods avoided.

Are there any foods which I should include?

The following foods have been reported to improve pouch function by thickening the stool and reducing pouch frequency. However, they do need to be included daily to achieve this effect.

- White rice
- Pasta
- Bread
- Banana

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If you feel that pouch function is a problem, then do please contact your local GP, Dietitian, Stoma Care Nurse or Pharmacist for further advice.

Summary

Take a varied and well balanced diet for good health.

- Ensure an adequate fluid and salt intake to prevent dehydration.
- Develop a regular eating pattern for acceptable pouch function.
- Try all foods and only avoid those which repeatedly cause unacceptable symptoms.

Useful Addresses:

Red Lion Group

Liaison Officer - Red Lion Group
20 The Maltings
Green Lane
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Herts SG7 5LW

Ileostomy and Internal Pouch Support Group

Amblehurst House
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National Association of Crohn's & Colitis (NACC)

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