

Diet & Nutrition Supplements Pre/Probiotics

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Conflict of Interest

This speaker has no financial conflicts of interest to disclose.

Disclaimer

This content is for informational and educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Objectives

1. State diet and nutrition guidelines for ostomates.
2. List the types and recommendations for nutrition and vitamin supplements.
3. Identify the characteristics and benefits of Pre and Probiotics.

NUTRITIONAL GOALS



Individual Goals

One Size Does Not Fit All

Although there are common goals, each of you are different.

What you eat and drink may vary based on your body, medical history and current condition.

What you enjoy eating and what you tolerate may vary.

There is not one ostomy diet.

Common Goals Ranges

Calories

1,600 to 3,000 calories/day

Protein

Adults: 0.8 grams per kg body weight: 46 – 84 g/day

Acute or chronic illnesses: 68 – 105 g/day

Severe illnesses, injuries, or malnutrition: 114 - 140 g/day

Fiber

14 grams for every 1,000 calories

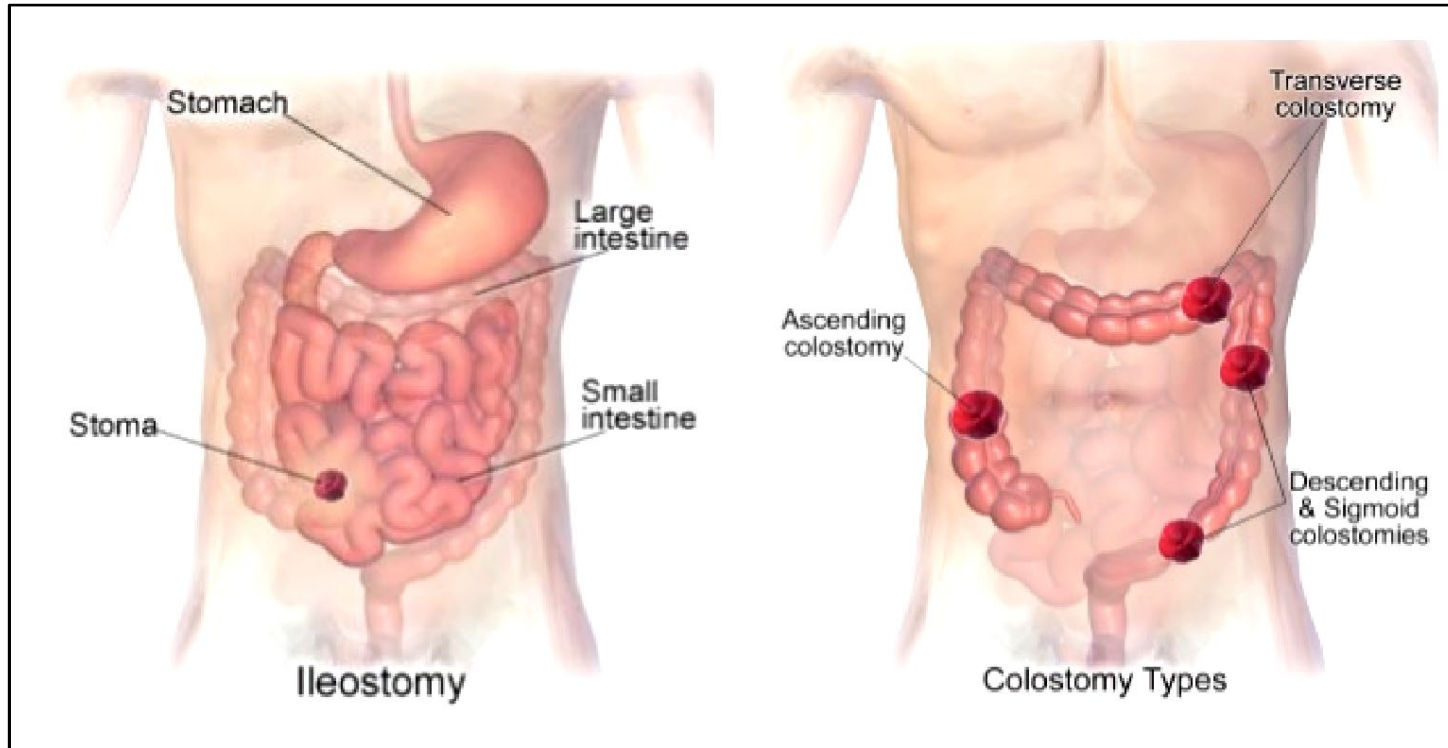
25 – 38 g/day

Fluid

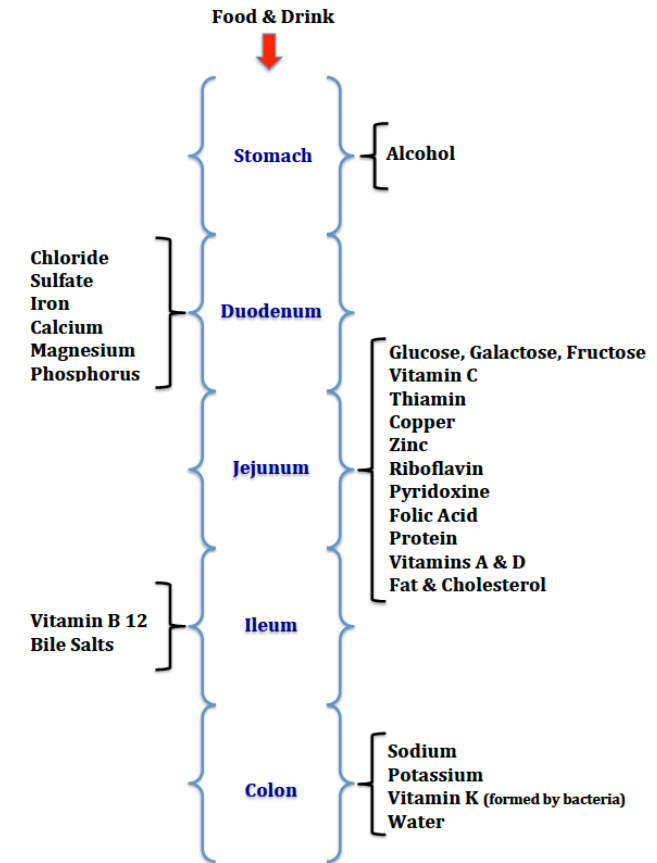
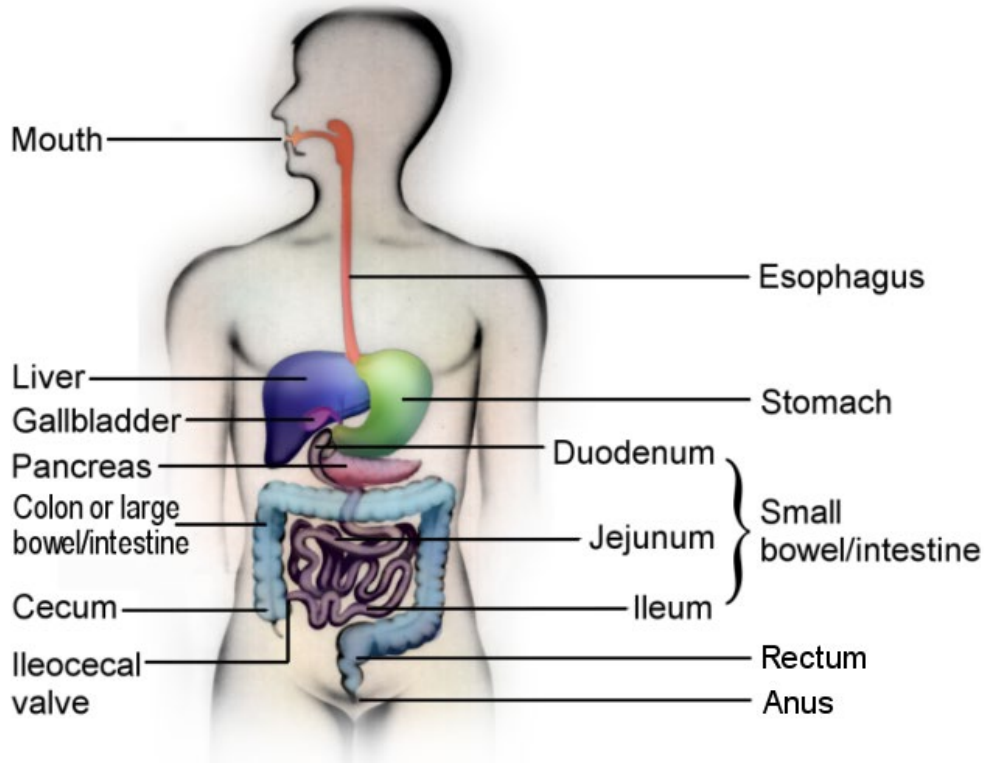
8 to 12 cups/day

Being Your Best Advocate

Learn About Your Body



- Ostomy/Surgery Type
- Anatomy
- Sites of Absorption
- Medical Conditions
- Intolerances
- Allergies
- Products



Learn About Digestion and Absorption

Write it Down

RECORDS

Dates of surgeries, hospitalizations

Medications: dose, frequency

Hospitals, office, clinics

Providers: physicians, NP, PA

Ostomy Nurses

Products Types/Numbers

Companies: Home Health, Supplies

FOOD JOURNAL

What you ate

When you ate

How much you ate

Where you were

What you were doing

Who you were with

How did you feel

Communicate

Write it down and keep a copy with you

- Allow others a copy
- Update regularly

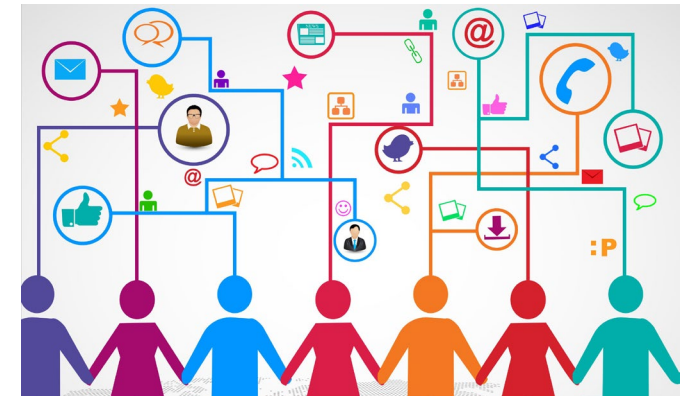
Demonstrate

Repeat, repeat, repeat

- Be patient with how many times you are asked the same question

Write it on the whiteboard (if in the hospital)

Complete your profile in the patient portal



The more you share, the more others can help!

Food Labels

The Front of the Label Sells the Product



Common Claims

- **Natural:** contains a natural source like apples or rice
- **No added sugar:** may be naturally high in sugar
- **Low-fat:** may be naturally low in fat
- **High-Fiber:** no specified amount
- **Multigrain:** contains more than one type of grain
- **Made with whole grains:** no specified amount

The Back of the Label Tells the Facts

- **Serving Size**
 - The amount most people typically eat and drink
 - Not a recommendation of amount to eat or drink
- **Calories**
 - 2,000 calories a day is a general guide
- **Nutrients**
 - Type of Fat, Sodium, Carbohydrates, Protein
 - Vitamins, Minerals, Electrolytes
- **Daily Value (%)**
 - 5% DV or less is low
 - 20% DV or more is high

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The Back of the Label Tells the Facts

- **Ingredients**
 - FDA requires listing of all ingredients
 - Listed in order of proportion (high to low)
- **Allergens**
 - Must appear in parenthesis i.e., flour (wheat)
 - -- OR --
 - In a “contains” statement

READ BOTH
Ingredients and Contains

Ingredients
Wheat flour
Wheat sugar (dextrose)
Eggs
Butter (could have said (milk))

Contains:
Egg
Milk (covers butter)
Wheat (covers wheat and dextrose)

Types of Fiber

Fiber

Types

- Soluble
- Insoluble
- Soluble/Insoluble (contains both)

Health Benefits

- Heart Disease – Reduces cholesterol
- Weight Management – Slows digestion – Lower in calories
- Diabetes Management - Stabilize blood sugars
- Digestion - Normalizes stool frequency and form

Soluble Fiber

Benefit

- Slows GI transit

Food Sources

- Barley, oatmeal, oat bran
- Cooked beans, lentils, peas, legumes
- Almonds, peanuts, chia and flax seeds
- Fruit (w/o skin): apples, bananas, pears, strawberries
- Cooked vegetables: broccoli, carrots, potatoes, Brussel sprouts



Insoluble Fiber

Benefit

- Speed GI transit; promote bowel movements

Sources

- Wheat and corn bran
- Flaxseed
- Whole grains
- Vegetables (most) with skins
- Granola, nuts, seeds



Soluble/Insoluble Fibers

Most foods contain
soluble and insoluble
fibers.

- Cooked beans
- Figs
- Prunes
- Plums
- Brussel sprouts
- Broccoli
- Zucchini
- Sweet potatoes
- Oat bran
- Peanuts

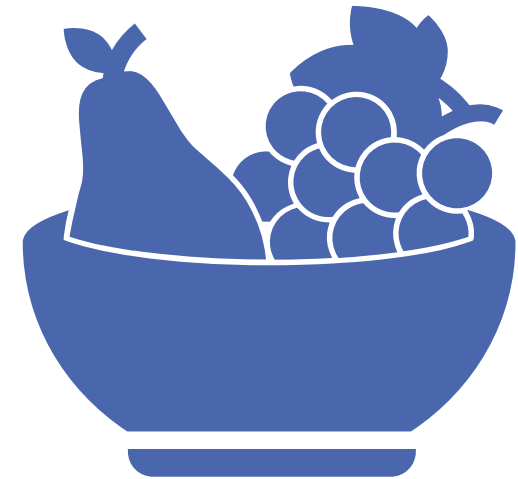
Fiber Recommendations

Daily Intake Range

- 14 grams for every 1,000 calories
- 25 – 38 grams

Tips for Increasing Fiber

- Increase gradually and drink plenty of water
- Mix oats into food such as meatloaf, cookies, mashed potatoes
- Add beans to soups and salads
- Add vegetables to wraps, sandwiches, pasta and stir-fry dishes
- Blend fruits and vegetables into a smoothie
- Top cereal and pancakes with fruit



Fluids

The Type of Fluid Is As Important as the Amount of Fluid

Recommend

- Milk (lactose free and low sugar)
- Sports drinks (low sugar)
- Electrolyte replacements
- Juice (diluted/low sugar)
- Vegetable juice
- Coconut water
- Broth

Avoid or Limit

- Sugar/Sweeteners
- Caffeine
- Energy Drinks
- Alcohol

The Amount of Fluid is Important Too

Recommendations

- 8 - 12 cups per day
- 2 – 3 quarts per day
- Adjust the amount as needed
- Try encouraging containers



Tallying Fluid Intake

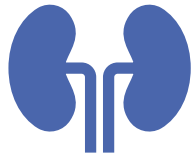
Example 1 Goal 12 cups/day

Intake	Tally
2 cups Decaf Tea	2 cups
1 cup Juice	1 cup
1 cup Milk	1 cup
2 cups Water	2 cups
1 bottle Sports Drink	2 ½ cups
2 cups Water	2 cups
1 cups Decaf Tea	1 cup
1 cup Water	1 cup
Total	12 ½ cups

Example 2 Goal 10 cups/day

Intake	Tally
1 cup Regular Coffee	0
1 cup Juice	1 cup
1 cup Milk	1 cup
2 cups Water	2 cups
1 can Regular Soda	0
2 cups Soup	2 cups
1 cup Water	1 cup
1 cup Wine	0
Total	7 cups

Dehydration



Dehydration Occurs When

Too much fluid loss

Too little fluid intake

A combination of both



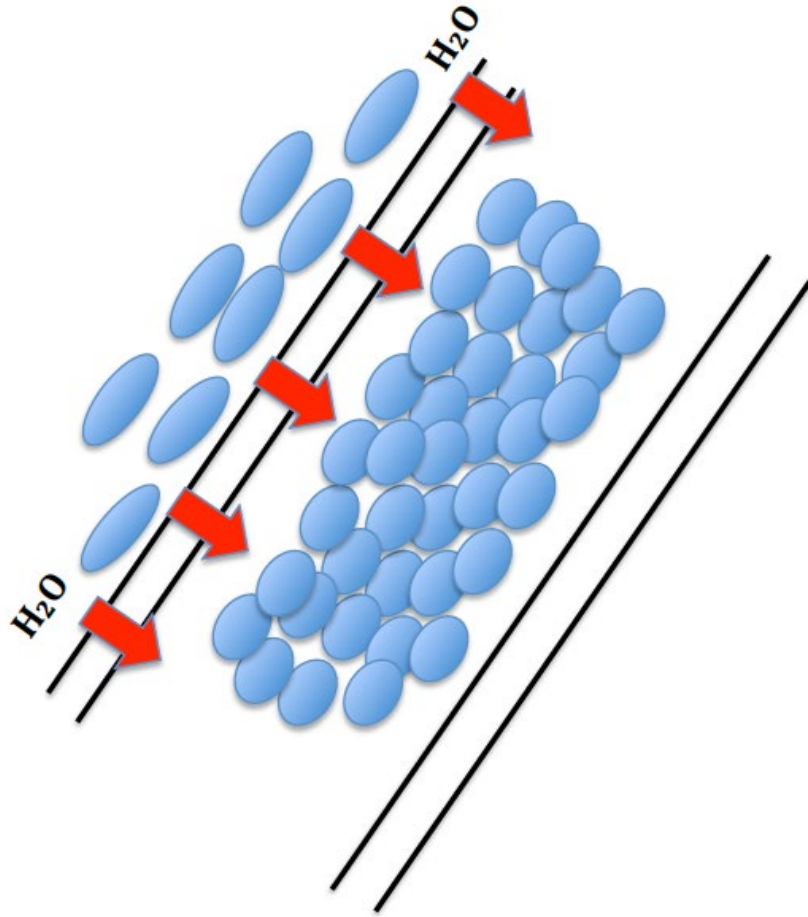
Diarrhea/Excessive Output

The most common reason a person loses excess water.

Signs of Dehydration

- Headache
- Dizziness
- Tiredness
- Thirst
- Dark Colored Urine
- Dry and/or Flushed Skin
- Dry Mouth
- Crankiness
- Constipation
- Muscle Cramps
- Fast Heart Rate

Triggers



High Output Triggers

Rich, concentrated foods and drinks can lead to high output and dehydration.

High Output Triggers

Sweets and Artificial Sweeteners

Lactose Rich Foods and Drinks

Nutritional Supplements

Carbonated Drinks

Insoluble Fibers

Caffeine

Alcohol

Foods that Thicken Stool

Remember the BRATT Diet

Bananas

Rice

Applesauce (unsweetened)

Tea (decaffeinated)

Toast (not whole grain)

Creamy Peanut Butter

Cheese (small portions)

Boiled Milk (lactose free)

Marshmallows

Pasta, Potatoes (no skin)

Tips for Decreasing Triggers

Avoid what you can

Decrease portion sizes

Decrease frequency of intake

Change from regular to lactose free dairy products

Dilute supplements, juices, drinks high in osmolality

Mix nutritional supplements with decaf coffee (50/50)

Remove the skin from fruits and vegetables

Managing Change

Change is a Marathon, Not a Sprint

Make changes slowly

Rest when needed

Give yourself time to adapt



Make Changes Slowly

Case Study

78 yr. ostomate made a New Year's resolution to eat more fiber

8 years post colostomy; output regular; semi-formed stool

Typical fiber intake approximately 20 grams per day

Goal: 35 grams/day

Increased fiber from 20 to 35 grams in one day

Outcome: impaction/blockage

Recommendation: increase fiber slowly – one new fiber source as tolerated

Rest When Needed

Resting the Gut

- When the gut needs a rest, consider a **Low Residue** diet:
 - Reduces the amount of stool
 - Rests the bowel
- Short-term eating plan
 - Post surgery
 - Inflammatory period
 - High output/loose stool

Low Residue Foods

White Bread and Rice

Well Cooked Vegetables

Dairy Products (lactose free if needed)

Bananas

Cantaloupe

Honeydew

Watermelon

Eggs

Fish

Poultry

Adapting to a surgery or procedure takes time

General guideline is 6 – 8 weeks

For some it will be less time and others more time

Adapting to a new medication takes time

This may vary based on other changes and medications

Adapting to a new eating pattern takes time

This may vary based on other changes, foods, etc.

Give Yourself Time to Adapt

Resources





EATING WITH AN OSTOMY

A Comprehensive Nutrition Guide for Those Living with an Ostomy



First Edition by
Joanna Burgess-Stocks BSN, RN, CWOCN
A publication of UOAA, United Ostomy Associations of America

Resources

Wound, Ostomy, and Continence Nurses Society™

United Ostomy Associations of America, Inc.

The Phoenix Ostomy Magazine

Ostomy Support Groups

Ostomy 101, Inc.

Academy of Nutrition and Dietetics

Quality Life Association

Ostomy Support Groups

Vitamins

Nutrition Supplements

Vitamins

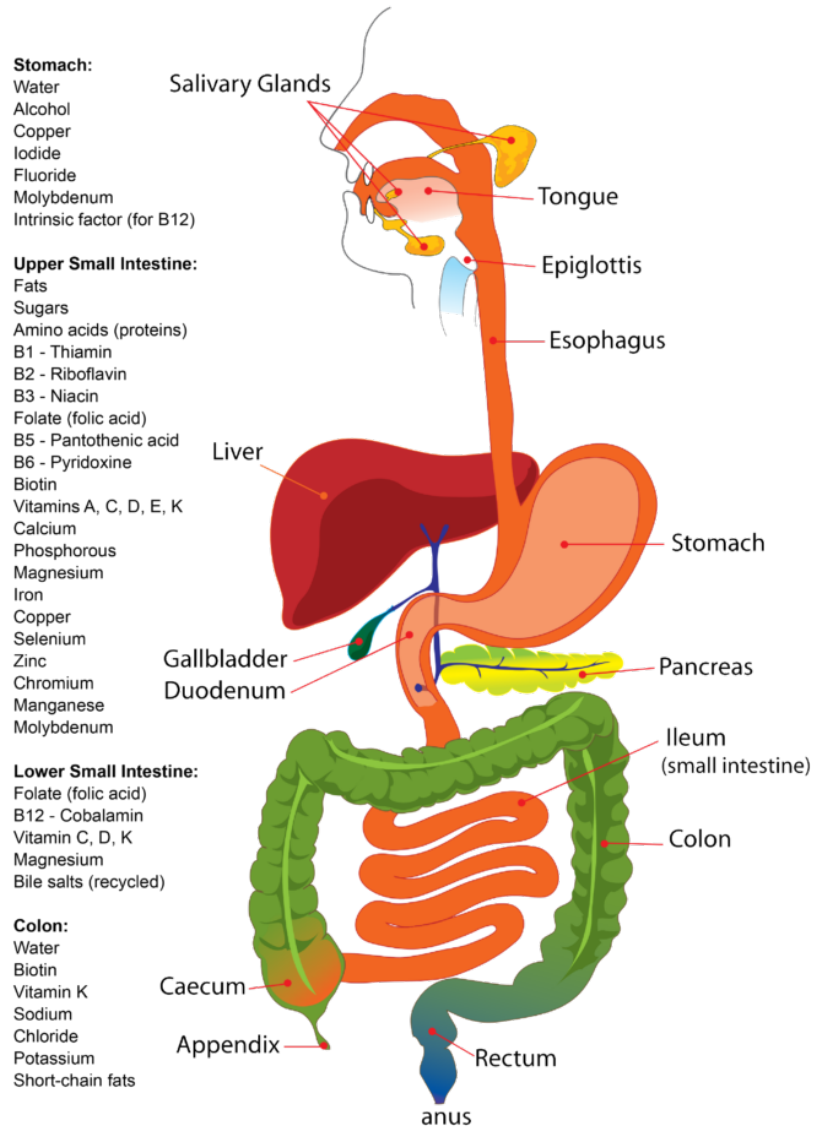
Nutrition Supplements

- **A healthy, balanced diet is the best way to get the nutrition you need**
 - However, those living with an ostomy may want to consider taking a supplement
- **A multivitamin can help to fill in nutritional gaps**
- **Single-nutrient vitamins support deficiencies or increased needs**
- **Chewable, soft-gel, liquid may be better absorbed than gummy, pill or capsule**
- **Recommend**
 - Speaking with a healthcare professional before adding a supplement
 - Testing/labs to determine your need

Vitamin Supplements



Digestive Organs & Nutrient Absorption



Vitamin Supplements

Vitamin B-12

Vitamin B-12 is the most common of nutritional deficiencies for those with an ileostomy. A B-12 deficiency may lead to anemia, nerve or brain damage.

Available in an oral form but absorbed better as an injection or nasal spray.

The recommended daily intake (RDI) of vitamin B12 is 2.4 micrograms per day.

Folic Acid

A deficiency may occur in those with an ileostomy.

May lead to anemia and loss of nerve function.

Typically absorbed in pill form but check to make sure.

The recommended daily amount of folate for adults is 400 micrograms (mcg).

Potassium

A loss of potassium, along with sodium and water is common to those with an ileostomy.

May not be able to increase with diet alone.

Potassium deficiency may lead to fatigue, weakness, shortness of breath, and bloating.

Seek immediate care if symptomatic.

Recommended daily intake (RDI) = 4.7 g/d

Other

May need other vitamins and minerals.

A discussion with a healthcare professional may help you determine your needs.

Nutrition Supplements

Compliment your diet

Short or long term

Provide carbohydrates, proteins, fats, vitamins and minerals

Some are designed to support certain health conditions

May be high in sugar and/or dairy

Most are “rich” and may trigger increased, liquid output

Can be costly



Nutrition Supplements

Read the label

Start with small doses

Dilute initially

Add to food and beverages

Avoid long-term meal replacement

Decrease as you increase food



Prebiotics/Probiotics

Prebiotics

Food for probiotics and your gut's microorganisms.

Prebiotics come from some foods:

Resistant starches

Boiled and chilled potatoes, Green bananas, Barley, Oats, Rice, Beans, Legumes

Inulin

Asparagus, Burdock root, Chicory root, Dandelion greens, Garlic, Artichokes, Leeks, Onions, Soybeans, Wild yams

Pectin

Apples, Apricots, Carrots, Green beans, Peaches, Raspberries, Tomatoes, Potatoes



Benefits of Prebiotics

Wide-ranging and still being discovered:

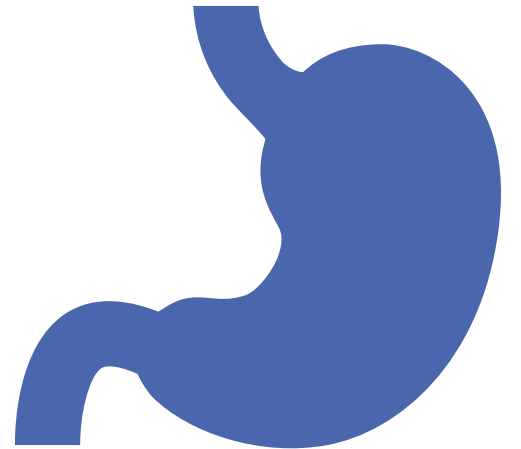
- Help regulate bowel movements
- Regulate mood changes
- Aid in appetite and appetite suppression
- Improve bone density.
- Increase immune system functions
- Enhance anti-inflammatory responses
- Increases good bacteria and decreases bad bacteria

Probiotics

Live microorganisms, which are the “good” bacteria that help keep the “bad” bacteria in your stomach from overgrowing.

When consumed, probiotics will make their way to your intestine, attach to the walls and begin to multiply.

You can get probiotics from supplements and some foods: Yogurt, kefir, sauerkraut, tempeh, and kimchi.



Benefits of Probiotics

Vary Based on the Strain

Reduce Gas, Diarrhea, Bloating & Constipation

Improve Digestive Disorders

Supports Healthy Weight

Improve Anxiety and Mood

Support Immune System Response

Fight Candida

Unique to Each Person

May take days to months to see symptom improvements.

May have GI side effects initially. Should resolve in a few weeks.

What to Look for in a Probiotic

1. Contains a minimum of 45 billion colony forming units (CFUs) per dose
2. Has at least 14 unique probiotic strains
 - Most common: Lactobacillus, Bifidobacteria, Saccharomyces, Streptococcus, Enterococcus, Escherichia, and Bacillus
3. Lists the substrain i.e., L. acidophilus La-14™
 - Has the trademark ™ or registered symbol ®
 - Indicates the strain has undergone clinical testing
4. Includes the prebiotic NutraFlora®
 - Helps stimulate the growth of probiotics
5. Comes in dark amber glass bottles



Be Kind To Yourself



Physical and Emotional Stress Can Affect Digestion and Absorption

Learn about yourself, food, fluids, and resources.

Limit or avoid foods and drinks that you do not tolerate.

Write it down and keep it with you.

Advocate and communicate.

Remember you are an individual.

Allow yourself time to heal.

Say I can instead of I cannot.

Be Kind to Yourself

Thank You

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