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AMAZON DIET:

- A GUIDE FOR PEOPLE WITH STOMA



**AMAZON DIET:
A guide for people with stoma**

**BELÉM-PARÁ
2019**

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INTRODUCTION



The possibility of developing a project on nutrition for people with ostomies in the Amazon region was the main motivation for our preparation of this educational guide. This perspective was motivated when I was granted an Extension Scholarship for the project "Dialogic Network of People with Ostomies" (ReDE) and for research activities on the project "People with Ostomies' Profile in the Amazonian Context" (Perfil de Estomizados no Contexto Amazônico-PESCA), linked to a group for the Teaching, Research, and Extension in Stoma Therapy in the Amazon - ENFESTA.

During the extension activities we noticed that there were frequent doubts among people with ostomies regarding the consumption of regional foods (acai, cassava flour, fish skin, and other things). Problems with the local infrastructure, incompatibility of schedules, and difficulties for people to attend, among other things, were hurdles that were all overcome. This allowed the extension activities, research activities, and motivating experiences to achieve their goals and to arouse the interest in making all this educational technology available to this public, providing valuable information about the consumption of foods from the Amazon region.

The collaboration between the subjects of Nursing in Stoma Therapy, Nutrition, Visual Arts, and New Media favored the intersection of skills in producing a collective body of knowledge through teaching, research, and extension activities from an interdisciplinary perspective, which added immeasurable value to the academic development and production of knowledge in the Amazon region.

Kellyne Santana Barros
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1 WHAT IS AN OSTOMY?

An ostomy is a surgery to create an opening called a **stoma** in the abdomen for the discharge of feces or urine. It is a **Colostomy** when made in the large intestine, an **Ileostomy**, when made in the small intestine, and a **Urostomy**, when made for the discharge of urine. (SANTOS, CESARETTI, 2015).

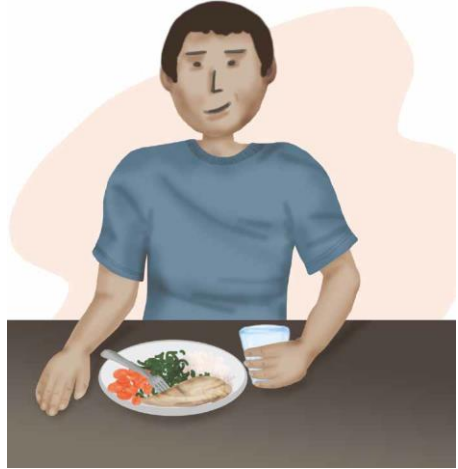


- Check the color of your feces or urine;
- Be careful with what and where you eat;
- Always keep the skin clean around the stoma;
- Don't wear the same collection pouch for a long period of time;
- Don't let the collection pouch overfill or leak;
- Check that there are no alterations to the stoma or the skin;
- Try to clean and replace the collection pouch yourself.

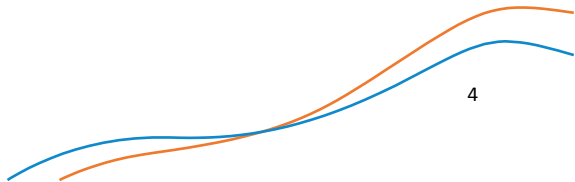
2 A HEALTHY DIET



Having a healthy diet is crucial to your health. It provides essential nutrients for your body's well-being and it is part of your cultural identity.

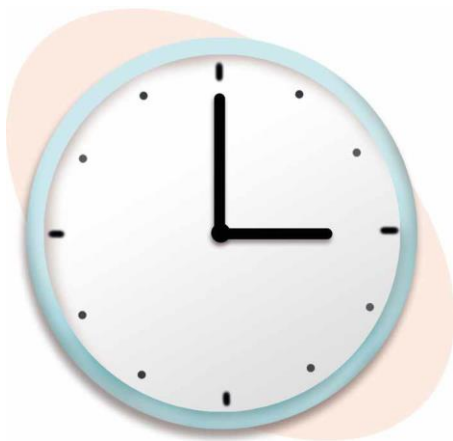


You need to eat well so that you have the strength to do your activities. In addition to being important for gaining muscle mass, it is important to your recovery and adjustment to your new lifestyle.



DON'T SKIP MEALS

Eat 5 to 6 times a day with an interval of 3 hours, with the meals divided into large and small.



Large meals:

Breakfast, lunch, and dinner.

Small meals:

Morning snack, afternoon snack, and supper (last meal of the day).

There are sample menus at the end of this guide.

Prioritize the foods from our region! Especially those that are close to you, in your yard or in the nearest public market.

Example:

Fish: Tambaqui, piramutaba, pratiqueira, tucunaré, pirarucu, white or yellow pescada, curimatã, and dourada.

Fruit: Mango, acai, bacaba, muruci, miriti, taperebá, starfruit, soursop, cupuassu, bacurí, ingá, jambo, piquiá, uxi, and tucumã.

Other products: cassava, tucupi, jambu, basil, chicory, parsley and chives, fragrant pepper, cassava flour, cassava gum, tapioca, and many others.

Tips:

- Eat a variety of fruits, our region is rich in fruits and they are delicious!
- Eat greens and other vegetables, in addition to providing the nutrients needed for your health, they also help you to regulate your bowel.
- Drink plenty of fluids! Whether it be water, natural fruit juice or coconut water, the important thing is to hydrate.



**CHEW YOUR
FOOD
THOROUGHLY!**

Chewing your food thoroughly will assist in the absorption of nutrients and in the functioning of your bowel! It will also help you avoid eating more than you should.

You don't need to be in a hurry to eat. Mealtime is very important, so take advantage of this time to be with your family, friends, or those you want to be close to!



3 WHERE DO WE FIND PROTEINS, CARBOHYDRATES, LIPIDS, FIBERS, AND VITAMINS?

The macro and micronutrients (protein, lipids, carbohydrates, vitamins, and minerals) are essential to your life—they can be found in all foods and their consumption is essential to your health and recovery.

3.1 PROTEIN

The consumption of protein is important for building body tissues, helping gain muscle mass, properly maintaining the immune system, preventing anemia, and aiding in postsurgical healing (Mann and TRUSWELL, 2011).



Where do we find proteins?

You can find them in the **fish** in the river near your house, those that are sold in the public markets, in **red meats**, in **shrimp**, in **crab**, in **ducks**, or **chickens** that you raise or buy at the public markets, in **pork**, in any type of **egg** that is from ducks, free-range chicken, or turtles.

You can find them in **buffalo milk and cheese**, in **cow's milk** and its derivatives such as **butter**, **yogurt**, and **cheese**. They are also present in foods such as: **beans, soybeans, and peas**.

3.2 LIPIDS

Lipids, also called fats, provide energy for the body and thermal insulation, on addition to helping in the transport and absorption of liposoluble vitamins (K, E, D, and A), and are involved in combating inflammations and helping the immune system (SBNPE, 2011).



Where do we find lipids?

They are present in oils and fats such as lard, margarine, butter, vegetable fat, and foods rich in Omega 3.

Omega 3

Omega 3 is a polyunsaturated fatty acid, an antioxidant with anti-inflammatory action that helps in the maintenance of the immune system and is beneficial for the heart. Omega 3 is not produced by our bodies, therefore, it must be obtained from the foods we eat (KAYSER et al., 2010).

Where do we find omega 3?

Among the major food sources of omega 3 are **fish**. In the Amazon region the **yellow pescada**, **catfish**, and **mapará** have a good amount of omega 3 in their composition.

3.3 CARBOHYDRATES

Carbohydrates are the main source of energy for the body, and when consumed appropriately they diminish metabolic complications (SBNPE, 2011).

Where do we find carbohydrates?

You can find them in **cassava root** and **flour**, **tapioca flour** and **gum**, **tucupi**, **rice**, and **pasta**.



3.4 FIBER

Fiber is the undigestible part of foods of vegetable origin, which contributes to the proper functioning of the intestines, helps in controlling blood glucose and cholesterol, and may be soluble or insoluble (MATTOS AND MARTINS, 2000).

Where do we find fiber ?

Insoluble fiber

Insoluble fiber contributes to the proper functioning of the intestines, increasing the absorption of water, increasing the fecal bolus, contributing to intestinal motility, making stools softer, and diminishing constipation (FIB 2008).

It can be found in:

- whole foods (**wholewheat bread**, **toast**, **pasta**, **brown rice**, etc.);
- **ripe fruits** and preferably with peel;
- vegetables (**jambu**, **kale**, **lettuce**, **basil**, and **chicory**, etc.);

- legumes (**carrots, beets, squash, bell peppers, and potatoes, etc.**);
- beans, peas, and corn.

Soluble fiber

Both soluble and insoluble fibers affect the speed of the intestinal transit, facilitating evacuation, but soluble fiber does not increase the absorption of water (FIB, 2008)

It can be found in:

- vegetables (**jambu, kale, lettuce, basil, and chicory, etc.**);
- legumes (**carrots, beets, squash, bell peppers, and potatoes, etc.**);
- **fruit.**



Tips:

Do not consume carbohydrates and fibers in excess, because their over consumption can cause flatus, abdominal distension, and pain. It can soften the feces, especially if they are consumed at the same time (PALLUDO, 2011).

Drink at least eight 250 ml glasses of water a day, because, to function, fiber needs to be associated with the proper ingestion of liquids such as water, juices, and others.

3.5 VITAMINS AND MINERALS

Vitamin C: Vitamin C is an antioxidant, protects against cancer, increases immunity, protects against heart diseases and aids in wound healing.

It can be found in:

- acai, cupuassu, soursop, murici, taperabá, passion fruit, guava, bacuri and mango.

Vitamin B6: This helps the immune system and combats cardiovascular diseases.

It can be found in:

- fish, liver, shrimp, chicken, pork, beef, cassava, avocado, and watermelon.

Folate: This reduces the risk of fetal malformation and protects against cancer and cardiac diseases.

It can be found in:

- dark vegetables: chicory, basil, jambu, caruru leaves, among other things; in cassava and in citrus fruits such as: cupuassu, orange, lemon, tangerine, bacuri, as well as avocado, papaya, okra, kale, beans, and oats.

Vitamin K: This helps in blood coagulation, elasticity of blood vessels and bone health.

It can be found in:

- jambu, basil, chicory, kale, and other green vegetables.

Vitamin E: This acts as an antioxidant, prevents heart disease, and helps in strengthening the immune system.

It can be found in:

- Brazil nuts, vegetable oils, seeds, and other foods of vegetable origin.

Vitamin D: This strengthens the immune system, regulating the body acids and preventing diseases.

It can be obtained:

- taking sunbaths, which help our bodies produce this vitamin, but it can also be acquired by consuming fish, egg yolks, and liver.

Vitamin A: This is an antioxidant, contributing to the health of the eyes, skin formation, healing, fighting infections, and preventing cancer.

It can be found in:

- orange-colored foods such as carrots, squash, buriti, mango, papaya, cashew, taperebá, muruci, and in foods of animal origin such as liver, egg yolks, and milk products (CATANIA; BARROS and FERREIRA, 2009; UOAA, 2017).

Potassium: This helps to control blood pressure and the distribution of water in the body, it also helps muscular relaxation.

It can be found in:

- pupunha, bacuri, potatoes, cassava, beans, vegetables, fish, banana, avocado, yogurt, and red beets.

Beta-carotene: This helps in bone growth and strengthens the immune system.

It can be found in:

- fruits and green and yellow vegetables.

Selenium: This is an antioxidant, and prevents cancer.

It can be found in:

- crab meat, brown rice, oats, eggs, chicken, walnuts, brazil nuts, french bread roll, beef, beans, cheese, and pork.

Zinc: This is an antioxidant, helps in skin healing and strengthens the immune system.

It can be found in:

- crab, shrimp, egg yolks, cassava, pupunha, oyster, chicken, pork, beans, and milk products.

Calcium: This strengthens the bones and teeth, it also regulates the cardiac pulse rate and muscular contractions.

It can be found in:

- acai, pupunha, taperebá, muruci, bacuri, caruru leaves, brazil nuts, okra, sardines, milk products, beans, and seeds.

Magnesium: This strengthens bones and reduces the risk of heart problems.

It can be found in:

- avocado, banana, pupunha, kale, Chinese cabbage, cassava, beans, fish, brown rice, sunflower seeds, and oats.

The **antioxidants** mentioned above are a set of substances made up of vitamins, minerals, natural pigments, and other natural compounds that block the damaging effects of free radicals, which are very unstable molecules in the body that, when in excess, can cause damage to the cells (FIB, 2009; BIANCHI, M. L. P., ANTUNES, L. M. G. 1999).

4 THE IMPORTANCE OF WATER

More than half of your body is composed of water and the Amazon region is very hot! So you need to hydrate to maintain your health, and now that you have a stoma, pay extra attention, especially if you have an ileostomy!

DRINK PLENTY OF WATER!

Drink 2 to 4 liters of water per day (BRASIL, 2014). In addition to water you can eat fruits like watermelon, melon, orange, tangerine, grapes, and pineapple which contain plenty of liquid. Drink coconut water or fruit juice or have fruit-juice popsicles made with cupuassu, taperebá, muruci, soursop, or acai.

Tips:

- Make fruit-juice popsicles to cool off;
- Drink natural fruit juice;
- Separate a 2-liter bottle with your name and leave it in the fridge, drink this water throughout the day, so you will know if you are drinking a good quantity or if you need to drink more;
- If you already drink enough water each day, excellent—keep it up!
- Not yet? Well then... Let's try!



5 MAINTAINING A HEALTHY DIET

To maintain a healthy diet it is important that you plan your diet for the week by choosing what you will eat and what foods you need to purchase.

CHOOSE YOUR FOODS!!!

The Amazon region is extremely rich in fruits; you can vary according to your preference.



Tips:

- Prefer natural foods such as fruits, vegetables and meat;
- Avoid canned foods and cold cuts like sausage;
- Shop at public markets, supermarkets or use the produce from your own yard;
- Prefer seasonal fruits, because they are more nutritious, tasty, and inexpensive;



- Wash your hands before handling food;
- Avoid coughing or sneezing on foods;
- Avoid consuming raw meat and eggs;
- Don't forget to sanitize fruits, vegetables, and legumes very well before consuming them.

5.1 HOW TO SANITIZE FRUITS AND VEGETABLES

The sanitization of fruits, vegetables, and legumes should be done as follows (ANVISA, 2016):

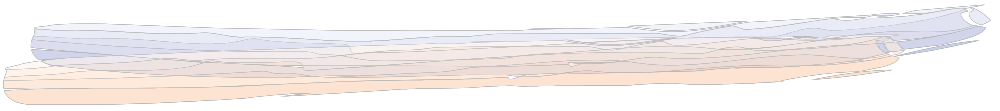
- Wash them in running, potable water;
- In a 2-liter bowl of water, dilute 1 shallow tablespoon of sodium hypochlorite solution (bleach without perfume) at 2.0% – 2.5% concentration, or 2 shallow tablespoons of sodium hypochlorite solution (bleach without perfume) at a 1.0% concentration.

Note.: Check the concentration on the bleach bottle;

- Immerse the vegetables or fruits in this solution;
- Wait for 15 to 30 minutes;
- Rinse them in running water at least 3 times;
- Keep them protected in packages or containers.



6 STRONG ODOR IN FECES



This is a common concern for people with stomas. Relax, you're not alone!

Some foods may increase the odor of feces, but that doesn't mean you need to stop eating them, just don't do it on consecutive days or as often.

Examples of foods that can cause strong odor in feces:

- hard-boiled egg, cabbage, cauliflower, raw garlic, smoked or dried meat, and seafood.

**ATTENTION! DISTRIBUTE THESE FOODS
THROUGHOUT THE WEEK.**

7 FOODS THAT REDUCE FECAL ODOR

There are foods that you can consume and that will help you reduce fecal odor.

Example:

Apples, yogurt, milk curd, and ripe fruit.

7.1 YOGURT RECIPE

Ingredients:

1 liter of whole milk and $\frac{1}{2}$ cup of plain yogurt.

Preparation:

- Boil the milk, and when it is lukewarm put it in a clean pot.
- Sift the natural yogurt into the warm milk.
- Stir it to incorporate the yogurt into the milk.
- Cover it for 8 hours, do not stir and do not open during this time.
- After that period, store it in the refrigerator.
- You can mix this yogurt with cut fruits or blend it with fruit.

7.2 MILK CURD RECIPE

Ingredients:

1 liter of whole milk and 170g of natural yogurt.

Preparation:

- In a pan, put 1 liter of whole milk and cook it at medium heat until it boils. Turn off the heat and leave it.
- When the milk is warm add 170g of natural yogurt and mix well.
- Cover the pan with a dish and then with a cloth, and put it in a place with no draft (for example, inside a cold oven) and leave it alone for 6 hours.
- After that time, it is ready to be eaten.

Note: To know whether the warm milk is at the proper temperature, put your finger in the milk and count to 10; if you are able to withstand the heat, the temperature is right.

8 FOODS THAT CAN CAUSE FLATUS

Flatus is a concern of people with ostomies, but you don't need to worry, flatus are normal!

We know that you are bothered by the flatus passing without you controlling them, but it is a completely normal reaction of the human body, people without stoma also pass flatus, so don't feel different for it.

Some foods can be avoided so that you feel better.

Examples:

Vegetables and spices: black pepper, garlic, watercress, sweet potatoes, ginger, kale, cabbage, cucumbers, and bell peppers.

Sweets: cake, bonbons, and chocolate.

Legumes: beans*, lentils, and peas.

*Note: If you find that beans are causing flatus, eat only the bean broth. If the flatus continue with just the bean broth, you can soak the beans as described below:

- Hot soak: Put one measure of beans and three measures water in a pressure cooker. Create pressure and wait for two minutes. Turn off the heat and leave it to rest for half an hour without opening the pot. Discard the liquid; this water is foamy with antinutritional factors that also cause flatus.

- Cold soak: put one measure of washed beans into three measures of water and leave them in the water soaking from eight to twelve hours, then discard the water.

Cheeses: Cheeses such as gorgonzola and parmesan

Beverages: Beer, wine, sparkling water, sweetened drinks (artificial juices, chocolate, and soft drinks).

Spicy and fatty foods: hamburgers, fried potatoes, fried

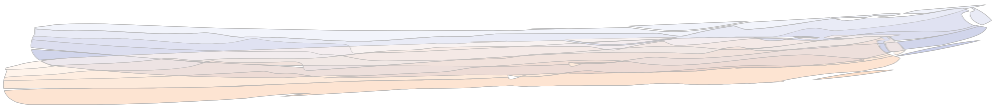
foods in general, and spices such as paprika, pepper, mustard, ketchup, and soy sauce.

You don't need to abandon these foods, just eat less of them!

Tips:

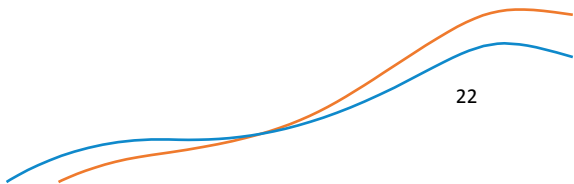
- Don't eat with your mouth open or while talking so you don't swallow air—it becomes flatus;
- If you don't feel like eating, try eating what you like most so as to stimulate your appetite;
- Look for a nutritionist.

9 HOW TO HAVE A BALANCED DIET



Having a balanced diet is eating from all food groups, such as meat, vegetables, fruits, cereals, sweets, oils and fats, without overdoing it (BRASIL, 2014).

A balanced diet is essential for a healthy life, so let's talk about a balanced diet for you who have an ostomy.



10 FOODS FOR THE TYPES OF OSTOMY

10.1 ILEOSTOMY AND ASCENDING COLOSTOMY

In an ileostomy the feces are more liquid. In the ascending colostomy the feces are semiliquid or pasty (DANTAS et al., 2017).

Tips:

- Don't limit yourself to any food (*This is very important*);
- Drink enough water;
- Eat fruits, leafy greens, legumes, and vegetables;
- Chew your food thoroughly;
- Try new foods, eat in small quantities to see how your body will react, but try it at least 3 times;
- Observe which foods cause discomfort;
- Avoid fatty foods, such as french fries, hamburgers, and fried food.



10.2 TRANSVERSE AND DESCENDING COLOSTOMIES

In the transverse colostomy feces are semiliquid to pasty. In the descending colostomy feces are pasty to solid (DANTAS et al, 2017).

Tips:

- Don't limit yourself to any food (*This is very important*);
- Drink enough water;
- Eat fruits, leafy greens, legumes, and vegetables;
- Chew your food thoroughly;
- Try new foods, eat in small quantities to see how your body will react, but try it at least 3 times;
- Observe which foods cause discomfort;
- Eat foods rich in fibers;
- Avoid fatty foods, such as french fries, hamburgers, and fried food.



10.3 UROSTOMY

Tips:

- Don't limit yourself to any food (*This is very important*);
- Drink a lot of water;
- Eat fruits, leafy greens, legumes, and vegetables;
- Chew your food thoroughly;
- Try new foods, eat in small quantities to see how your body will react, but try it at least 3 times;
- Observe which foods cause discomfort;
- Observe which foods change the urine color or smell;
- Avoid fatty foods, such as french fries, hamburgers, and fried food.



11 “HEAVY” OR ALLERGENIC FOODS



The Amazon region has a robust culture, full of myths and legends, and it is no different in relation to food. Food taboos are common in the region due to its great cultural miscegenation. Among the most mentioned food taboos are those labeled as “heavy” (*remosos*).

The foods considered “heavy” in the region are:

- Pork
- Fish skin
- Duck
- Game
- Shrimp
- Crabmeat

However, what is considered “heavy” is actually an allergic reaction, which is connected to the immune system of each person. Thus, if someone got sick eating some of the foods mentioned above, it doesn’t mean you will also get sick (JÚNIOR and ESTÁCIO, 2013).

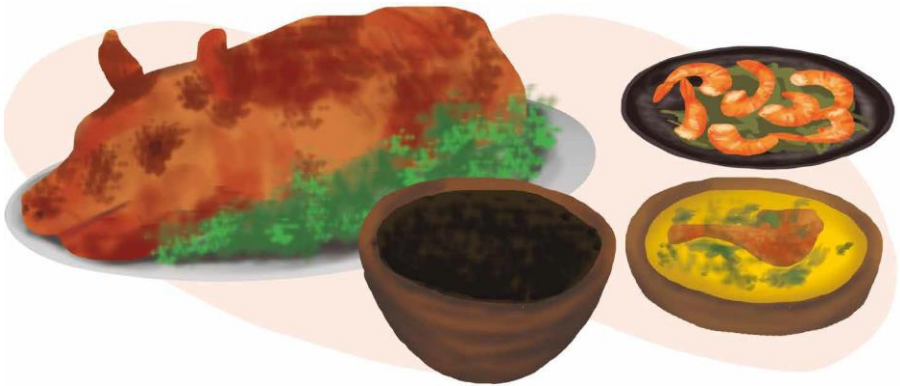
Our region has various typical foods and many fruits—a real diversity.

SO, DON'T BE AFRAID, TRY THEM!

11.1 OTHER FOODS CONSIDERED “HEAVY”

- Vatapá
- Maniçoba
- Duck in tucupi sauce
- Roast Pork
- Crabmeat

Start by eating a small amount, and gradually go back to consuming the quantities that you used to eat before the ostomy.



12 TEN TIPS FOR A HEALTHY DIET

1. Prefer natural and varied foods such as vegetables, legumes, roots, grains, fruits, eggs, and products of animal origin. Choose minimally processed foods such as rice, beans, roots such as cassava, sweet potatoes, carrots, and meat bought in clean places.
2. Consume little salt, little sugar, and less oils and fats.
3. Avoid canned and artificial foods such as packaged juices, hard candies, and industrialized seasonings.
4. Avoid soft drinks, sandwich cookies, packaged snacks, and instant ramen.
5. Eat at the right times, don't nibble, eat slowly, preferably not alone, and in quiet and clean places.
6. Prefer the foods and fruits typical of the region, especially those that are in season, because they will be cheaper and tastier, buy them in clean places and rinse them very well before consuming. Prioritize your health!
7. Cook! Prepare your own food—and you will feel more pleasure in eating.
8. Plan your diet, the times, locations, what you will prepare during the week, prioritize the time for your meals.
9. If eating out, prefer clean places that offer foods freshly made, and where you are sure that the food is healthy for you.
10. Don't believe everything the media says about food, since the foods presented are not always healthy.

13 FOOD GROUPS AND THEIR SERVINGS

13.1 SERVINGS

Servings are calculated from the calories in the foods, that is, the energy they provide. The calculation for each group is based on a diet of 2,000 calories per day (Philippi, 2015).

13.2 FOOD GROUPS/SERVINGS PER DAY

1. Rice, bread, pasta, potatoes, cassava group: **6 servings**
2. Fruit group: **3 servings**
3. Legumes and vegetables group: **3 servings**
4. Milk and milk products group: **3 servings**
5. Meat and eggs group: **1 serving**
6. Beans group: **1 serving**
7. Oils and fats group: **1 serving**
8. Sugars and sweets group: **1 serving**



**A list of servings is annexed at the end of the guide.*

14 MENU SUGGESTIONS



Suggestion 1

Breakfast

Coffee with milk, tapioca, butter, and jambo

Morning Snack

Bacuri juice

Lunch

Rice with shrimp, jambu, fish, and beans

Afternoon snack

Bacaba fruit juice with either cassava or tapioca flour, or large-flake oats*

**If your surgery is recent, drink the bacaba with no flour or oats, just as a juice.*

Dinner

Rice, salad, and chicken

Supper

Suggestion 2

Breakfast

Coffee with milk, cassava, butter, and ingá fruit

Morning Snack

Fruit or mango smoothie

Lunch

Rice, beans, and jambu cooked in tucupi
sauce with grilled or baked fish

Afternoon snack

Cupuassu juice with large toast and homemade chicken paté*

*Recipe for homemade chicken paté

Ingredients: Chicken, cream cheese, and spices to taste.

Preparation: Mix the shredded chicken in the blender with a bit of cream cheese and add chopped parsley, chives, basil, and other herbs of your preference.

Dinner

Vegetable soup with chicken or beef

Supper

Tapioca pudding

Suggestion 3

Breakfast

Milk, bread, cheese, and mango

Morning Snack

Muruci juice with Brazil nut cookies*

*Recipe for Brazil nut cookies

Ingredients: 250g of Brazil nuts, 200g of salt-free butter, 1 egg, 1 cup of sugar, 1½ cup of wheat, 1½ cup of corn starch, and 1 pinch of salt.

Preparation: Grind the nuts and mix them with the other ingredients, grease the pan or use baking paper, shape the cookies the way you want and bake in a pre-heated oven at approximately 200°C. Leave them in the oven until hardened, but still light colored, remove them from the oven. and dust with crystal or refined sugar.

Lunch

Rice, beans, caruru leaves and kale, free-range chicken with broth

Afternoon snack

Acai with either cassava flour or tapioca flour or oat flakes

Dinner

Rice, steam-cooked salad, grilled chicken, and soursop

Supper

Yogurt

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ANNEX A - FOOD SERVINGS

Fruit: 1 serving = 70 kcal

Foods	Weight	Usual measure of consumption
Acai	100	½ cup (100 ml)
Banana (<i>nanica</i>)	120	¾ unit
Banana (<i>prata</i>)	75	1 unit
Cupuassu pulp	49	2 tablespoons
Soursop	62	1 unit
Jambo	27	2 units
Mango pulp smoothie	95	½ teacup
Tucumã (pulp)	26	2 units
Fruit salad (banana, apple, papaya, orange)	125	½ teacup (120 ml)

Legumes and vegetables: 1 serving = 15 kcal

Foods	Weight	Usual measure of consumption
Cooked squash	70	2 tablespoons
Boston lettuce	120	11 leaves
Cooked red beets	43	3 slices
Raw red beet	42	2 tablespoons
Cooked chopped carrots	35	1½ tablespoon
Raw chopped carrots	40	1 serving spoon
Cooked kale	42	1 serving spoon
Cooked okra	52	2 tablespoons

Foods	Weight	Usual measure of consumption
Raw white cabbage	72	6 tablespoons
Tomato	80	4 slices

Rice, bread, pasta, potatoes, and cassava: 1 serving = 150 kcal

Foods	Weight	Usual measure of consumption
Cooked white rice	125	4 tablespoons
Boiled Potato	200	1½ unit
Boiled sweet potato	150	1½ serving spoon
Crackers	33	6 units
Oat flour	37	2½ tablespoons
Cassava flour	40	2½ tablespoons
Cassava flour <i>farofa</i>	37	½ serving spoon
Cooked pasta	105	4 tablespoons
Boiled cassava	128	2 tablespoons
Homemade bread roll	55	½ unit
Sliced whole wheat bread	50	2 slices
French bread roll	50	1 unit
Mashed potatoes	130	2 serving spoons
French bread toast	33	6 slices

Meat and eggs: 1 serving = 190 kcal

Foods	Weight	Usual measure of consumption
Cooked shrimp	190	20 units
Fried Shrimp	104	13 units
Roast beef	75	1 Slice
Grilled chicken fillet	100	1 unit
Hard-boiled egg	90	2 units
Fried egg	45	1 unit
Fried hake	75	½ filet
Roast pork loin	95	½ slice

Beans and oleaginous plants: 1 serving = 155 kcal

Foods	Weight	Usual measure of consumption
Brazil nut	8	2 units
Whole Beans (50% broth)	86	1 ladle
Refried Beans (no broth)	50	2 tablespoons

Cheese, milk, and eggs: 1 serving = 120kcal

Foods	Weight	Usual measure of consumption
Natural skimmed yogurt	200	375 ml
Powdered skimmed milk	30	3 tablespoons
Powdered whole milk	26	2 tablespoons
Mozzarella cheese	45	3 slices
Cheddar cheese	30	1½ slices
Creamy cream cheese	45	1½ tablespoons
Milk with fruit smoothie	180	250 ml

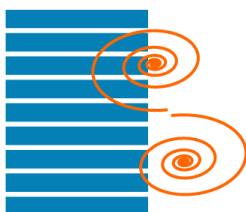
Oils and fats: 1 serving = 73 kcal

Foods	Weight	Usual measure of consumption
Red Palm Oil	9	$\frac{3}{4}$ tablespoon
Olive oil	8	1 tablespoon
Lard	7	$\frac{1}{2}$ tablespoon
Butter	10	$\frac{1}{2}$ tablespoon
Margarine	10	$\frac{1}{2}$ tablespoon
Soybean oil	8	1 tablespoon

Sugars and sweets: 1 serving = 110 kcal

Foods	Weight	Usual measure of consumption
Refined Sugar	28	1 tablespoon
Bombom	21	1 unit
Chocolate caramel	30	2 tablespoons
Honey	37	$2\frac{1}{2}$ tablespoons
Flan	50	1 slice





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