

Dietary Instructions for Inflammatory Bowel Disease (IBD)

Food Group	Eat	Avoid
Miscellaneous	Soups and sauces (strained), stock and decaffeinated drinks	Marmalade with shreds, soups with pieces of vegetables on the avoid list, chocolate and caffeinated substitutes, sugarless gums, pickles and horseradish.
- In addition if you need to use low residue diet, you try to limit dairy products, such as milk, yoghurt, pudding, ice cream and cream-based soups and sauces, to no more than two times per day AND avoid raw fruits of any kind. - In order to get your requirements from proteins and calories, eat more lean meats, fish, poultry and eggs and follow a high calorie diet (which may include nutritional supplements) as prescribed by your dietician.		

Helpful tips for flare phase:

- Drink enough fluid (8-10 cups daily) to keep your body hydrated.
- Avoid lactose-containing foods, such as dairy products, if you are lactose intolerant, try to use lactose-free milk or alternatives as (soya milk, rice milk).
- Avoid caffeine, alcohol and sorbitol (sweetener).
- Avoid gas forming foods, such as (cabbage, broccoli, cauliflower, brussels sprouts, dried peas, lentils, onion, chives, peppers and carbonated drinks).
- Avoid fatty foods and heavy meals.
- In case of diarrhea, try to eat white rice, boiled potato, and plain low fat yogurt.

2. During stable phase (remission):

When unpleasant symptoms stopped, you can return back gradually to your regular diet.

Helpful tips for stable phase:

- Eat a balanced diet to obtain necessary nutrients and calories needed for good health.
- Eat a wide variety of foods, as tolerated.
- Keep a regular schedule for meals and snacks.
 - Have small frequent meals and snacks instead of large meals.
 - Avoid skipping meals.
- Try regular foods one item once a time; stop eating if they causes any symptoms. You can try again within two to three weeks.
- Re-introduce fiber rich foods (prebiotics) to your meals gradually (especially soluble fibers like: oats, bran and barley, cooked skinless sweet potato, pears, apples, bananas, avocados, flax seeds, ground psyllium husks, sesame seeds and sunflower seeds).
- Eat cooked boiled or steamed vegetables if you can't tolerate them raw.
- Keep limiting fat intake.
- Review with your physician any vitamins supplement you may require.
- Follow with your dietician to avoid any unintentional weight loss to maintain ideal body weight.

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Introduction

IBD involves chronic inflammation of all or parts of the digestive tract; this includes ulcerative colitis and Crohns disease.

Ulcerative colitis usually affects the colon, while Crohn's disease can affect different areas of the digestive tract and vary for different individuals.

These guidelines provide dietary information for patients with IBD, which include helpful tips during active and stable phases.

Dietary Management Goals

- To prevent or minimize gastrointestinal symptoms
- To normalize bowel function and promote intestinal healing
- To maintain continuous supply of needed nutrients.
- To maintain normal weight and avoid unintentional weight loss
- There is no firm evidence that what we eat causes inflammatory bowel disease, but certain foods and beverages can aggravate your symptoms, especially during the active phase
- It is recommended to keep a diary for foods consumed in order to determine which food or beverages trigger your IBD symptoms so they can be eliminated
- Avoid any item from the following list if you experience any unpleasant symptoms when you consume it:
 - Fat and fatty foods (butter, mayonnaise, margarine, oil and fried foods)
 - Red meat
 - Dairy products (in case of lactose intolerance)
 - Spicy foods
 - Gas-forming foods (cabbage, broccoli, cauliflower, brussels sprouts, dried peas, lentils, onion, chives, peppers and carbonated drinks)

- Raw fruits and vegetables, corn, husks and whole grains and bran.
- Nuts and seeds
- Coffee, tea, chocolate and alcohol .

You won't necessarily have symptoms from all food items mentioned above; because the foods that trigger symptoms differ from patient to another.

Dietary Management Guidelines

1. Nutrition prescription during active phase (flare up):

- In the beginning of this phase, a liquid diet may be more preferable to give the bowel a rest and minimize symptoms (for 1-2 weeks).
- Liquid diet includes low fat strained soups (e.g.) vegetable soup and chicken soup),strained juices, high protein smoothies and porridges, and some nutritional supplements as prescribed by your dietician.
- Then it progresses to a low-fiber, low-fat, high-protein, high-calories diet over small frequent meals (for 2-4 weeks), as shown in the following table:

Food Group	Eat	Avoid
Grains	White bread and pasta, refined cereals, rice krispies, white rice, rice pudding, semolina, tapioca	Whole grains: bread, (cereals, (porridge, muesli, Weetabix, bran flakes), popcorn.
Milk and Milk Products	Plain low fat (milk, cheese, yogurt) • Choose lactose-free products if lactose intolerant. • Choose products enriched with probiotics.	Yogurt, pudding and ice cream (mixed with nuts or pieces of fruit that is not allowed).

Food Group	Eat	Avoid
Meats and Meat Substitutes	Well cooked tender and lean meat, poultry and fish and eggs and smooth nut butters	Tough or coarse meats with gristle, dried beans or peas (pulses), baked beans.
Vegetables	Strained vegetable juices. • These vegetables can be eaten if well cooked (no skin or seeds): carrots, tomatoes, potatoes, aspa-ragus tips, pureed spinach, eggplant, green beans, marrow • These vegetables can be eaten raw: lettuce, cucumber (no skin or seeds)	Broccoli, cauliflower, peas, cabbages, squashes, sweet corn, pulses and legumes
Fruits	These fruits can be eaten raw or cooked (no skin): Fruit juices (except prune juice), apple sauce, ripe banana, ripe melon, soft and canned fruits (in juice or light syrup).	Sweetened juices made with sugar or corn syrup, pineapple, figs, berries of any kind, coconut, dried fruits.
Fats and Oils	Oils (olive, canola, sunflower and corn), light (margarine, butter) and light mayonnaise, smooth peanut butter (up to two tablespoons a day) and fats, oils and dressings without seeds. Limit fats and oils and depend mainly on healthy fats such as olive or canola oil.	Fatty foods, chunky peanut butter, coconut, seeds and nuts.