

<b>Prepared For:</b>		<b>Date:</b>	
<b>Prepared By:</b>		<b>Contact:</b>	

## Inflammatory Bowel Disease (IBD): Crohn's Disease and Ulcerative Colitis Nutrition Therapy

If you have IBD, you might not be able to digest all the food you eat, so you may need more vitamins and minerals. Your medications might affect your ability to eat or how your body absorbs nutrients.

How much fiber you should eat depends on your symptoms and the amount of inflammation in your intestines. If you are taking prednisone or budesonide medications, then you should limit the amount of fiber that you are eating. If you are experiencing symptoms like diarrhea, abdominal pain, low-fiber foods are the easiest to digest and are less irritating for your intestines. If you don't have symptoms, then check with your health care provider or registered dietitian nutritionist (RDN) to see if you may add more fiber to your diet. It's also important to eat enough protein foods while you are on the IBD diet.

### Tips

- Eat small meals or snacks every 3 or 4 hours. Do not skip meals.
- When you have symptoms, or if you are taking prednisone or budesonide, eat the foods in the Recommended Foods chart. These foods are lower in fiber.
- Eat a protein food or dairy product at every meal or snack if your body can tolerate it. See the Foods Recommended table for ideas.
- Drink a lot of fluids, at least 8 cups each day. Limit caffeinated, sugary drinks and beverages made with sugar substitutes.
- Eat foods that have probiotics (yogurt, kefir) and prebiotics (bananas). Ask your RDN for other suggestions.
- You may need to take supplements as part of your IBD treatment.
  - Take a chewable multivitamin with minerals. Ask your RDN for recommendations.
  - If you are taking methotrexate or sulfasalazine, take one multivitamin with minerals and a supplement with 1 milligram of folic acid daily.
  - Take a chewable calcium supplement with vitamin D if you are not getting enough calcium from your diet.
  - Check with your health care provider before starting probiotic or prebiotic supplements.
- When you don't have symptoms (no blood in your stools), you are no longer taking prednisone or budesonide, and your inflammation is mild, your health care provider may recommend that you begin including whole grains and a variety of fruits and vegetables in your diet.
  - Only add one to two new foods to your diet each week in small amounts and monitor your symptoms.
  - Stop eating the new food if you develop abdominal pain or diarrhea. You can try it again after a few weeks.

## Foods Recommended

These foods are low in fiber. You can include them in your diet anytime, but they should be part of your diet when you have diarrhea and abdominal pain.

Food Group	Notes	Foods Recommended
Grains	<ul style="list-style-type: none"> <li>Choose grain foods with less than 2 grams of fiber per serving. The grams of fiber in a serving are listed on the Nutrition Facts label of packaged foods.</li> <li>Any containing milk may contain lactose.</li> </ul>	Bread, bagels, rolls, crackers, cereals, and pasta made from white or refined flour White rice Cream of wheat or rice Grits, refined Cereals made from refined grains without added fiber, and low in sugar
Protein Foods	<ul style="list-style-type: none"> <li>Use broth or water to cook meats at a lower temperature or cover the dish when baked in the oven, so the food cooks in its own juices. Crockpots work well with low heat and slow cooking to make meats tender.</li> <li>Or marinate meats first with an acidic ingredient, such as vinegar and oil, lemon juice, wine, or by using chopped raw pineapple and then pour it off before cooking.</li> <li>Cook protein foods well to reduce bacteria.</li> </ul>	Tender, well-cooked meats, prepared without added fat: poultry, fish, lean beef and pork Deli meats—tender, thinly sliced; heat to steaming Eggs, well-cooked Tofu Smooth nut and seed butters: Peanut, almond, and sunflower seed
Dairy	<ul style="list-style-type: none"> <li>Choose lactose-free products if you have lactose intolerance. Symptoms of lactose intolerance occur after drinking regular milk or eating foods made from milk (milk solids, whey, cream, butter, or products with “may contain milk” on the label). Symptoms include diarrhea, nausea, abdominal pain, and bloating.</li> <li>Choose yogurt with live active cultures (check labels).</li> <li>Foods marked with an asterisk (*) have lactose.</li> </ul>	Buttermilk* Evaporated, fat-free, 1%, and 2% milk* Lactose-free milk Fortified non-dairy milks: almond, cashew, coconut, or rice (be aware that these options are not good sources of protein so you will need to eat an additional protein food) Fortified pea milk and soymilk (may cause gas and bloating) Yogurt*/lactose-free yogurt Low-fat cheese* (aged and hard cheeses such as cheddar, swiss, or parmesan may have less lactose and result in less symptoms; limit to 1 to 2 ounces per serving to decrease lactose intake) Cottage cheese*/lactose-free cottage cheese Low-fat ice cream*/lactose-free ice cream Sherbet

Vegetables	<ul style="list-style-type: none"> <li>See the Foods Not Recommended table for vegetables you should avoid when you have diarrhea or abdominal pain.</li> </ul>	<p>Well-cooked vegetables without seeds or skins, such as green beans or carrots          Potatoes (white, red, or yellow) without skin          Sweet potatoes contain more fiber; remove skin and do not eat more than half at one meal</p> <p>Strained vegetable juice          Summer squash: yellow or zucchini without skins or seeds</p>
Fruit	<ul style="list-style-type: none"> <li>See the Foods Not Recommended table of fruits you should avoid when you have diarrhea or abdominal pain.             <ul style="list-style-type: none"> <li>Fruit juices diluted by half with water may be tolerated better.</li> </ul> </li> </ul>	<p>Apple, peeled          Banana, ripe          Melons: cantaloupe, honeydew, watermelon          Canned, soft fruits or fruit cups (in juice); avoid pineapple</p>
Oils	<ul style="list-style-type: none"> <li>Limit fats and oils to less than 8 teaspoons per day.</li> <li>Choose oils more often than solid fats</li> </ul>	<p>Vegetable oils: canola, olive, peanut          Mayonnaise</p>
Beverages		<p>Water          Decaffeinated coffee          Caffeine-free tea          Rehydration beverages</p>

## Foods Not Recommended

These foods are higher in fat and fiber and should not be eaten when you have diarrhea and abdominal pain. It is OK to eat these foods if you do not have symptoms and your inflammation is low.

Food Group	Notes	Foods Not Recommended
Grains	<ul style="list-style-type: none"> <li>Do not eat grains foods with 2 or more grams of fiber per serving.</li> </ul>	Whole wheat or whole grain breads, rolls, crackers, or pasta Brown or wild rice Quinoa Cereals made from whole grains; oatmeal, bran or shredded wheat Any grain foods made with seeds or nuts Popcorn
Protein Foods		Fried eggs and meats, including sausage and bacon Lunch meats, such as bologna or salami Hot dogs Tough or chewy cuts of meat (grilled steak or pork chops) All dried beans and peas; hummus Nuts and coconut Chunky nut butters
Dairy	<ul style="list-style-type: none"> <li>Avoid higher fiber or higher fat foods that may not be tolerated as well.</li> </ul>	Fruited yogurt or yogurt with granola or mix-ins Whole milk Half-and-half, cream, sour cream Ice cream (unless it is low-fat or fat-free)
Vegetables	<ul style="list-style-type: none"> <li>The vegetables listed here are gas forming and/or have a high amount of fiber.</li> </ul>	Beets, broccoli, brussels sprouts, cabbage and sauerkraut, cauliflower, corn, greens (mustard, turnip, collards), green peas, lima beans, mushrooms, okra, onions, parsnips, peppers, potato skins, salads, spinach, winter squash
Fruit	<ul style="list-style-type: none"> <li>Canned fruit in heavy syrup and sweetened juices have a lot of sugar, which may make diarrhea worse.</li> </ul>	All raw fruits except for ones on Foods Recommended table Berries, canned cherries Dried fruits, including raisins and prunes Prune juice and sweetened fruit juices
Beverages	<ul style="list-style-type: none"> <li>Drinking beverages with sugar or corn syrup may make diarrhea worse.</li> </ul>	Drinks with caffeine, such as coffee, tea, cola, some sport drinks Sugar-free drinks with sugar substitutes (aspartame, sucralose, sorbitol) Sugary drinks: sweet tea, drink packets added to water Alcoholic drinks Soda or other beverages made with sugar or corn syrup if they make diarrhea worse.
Other	<ul style="list-style-type: none"> <li>Sugar alcohols may cause diarrhea.</li> </ul>	Sugar alcohols (erythritol, mannitol, sorbitol, xylitol), which are often found in sugar-free gum and candy, as well as some medications.

## Inflammatory Bowel Disease Sample 1-Day Menu

<b>Breakfast</b>	2 scrambled eggs 1 slice white toast 1 teaspoon margarine, soft, tub 1 ripe banana
<b>Morning Snack</b>	1 cup lactose-free nutrition supplement 6 saltine crackers 1 tablespoon smooth peanut butter
<b>Lunch</b>	2 slices white bread 3 ounces tuna 1 tablespoon mayonnaise 10 wedges baked potato without skin
<b>Afternoon Snack</b>	1 cup puffed rice cereal ½ cup lactose-free milk
<b>Evening Meal</b>	3 ounces baked chicken 1 cup white rice ½ cup cooked carrots 1 white dinner roll
<b>Evening Snack</b>	1 cup lactose-free nutrition supplement

## Inflammatory Bowel Disease Vegan Sample 1-Day Menu

<b>Breakfast</b>	½ cup grits 1 slice white toast 2 teaspoons margarine, soft, tub ½ small banana
<b>Morning Snack</b>	½ scoop soy protein powder ½ cup almond milk fortified with calcium, vitamin B12, and vitamin D
<b>Lunch</b>	Stir fry made with: 1/3 cup tofu scramble 1 cup rice noodles ½ cup cooked green beans 2 teaspoons olive oil 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
<b>Afternoon Snack</b>	5 saltine crackers
<b>Evening Meal</b>	Stir fry made with: 2/3 cup white rice ½ cup tofu ½ cup cooked carrots 2 teaspoons peanut oil ¾ cup ripe watermelon
<b>Evening Snack</b>	1 rice cake 6 ounces plain soy yogurt

## Inflammatory Bowel Disease Vegetarian (Lacto-Ovo) Sample 1-Day Menu

<b>Breakfast</b>	½ cup grits 1 slice white toast 1 scrambled egg 2 teaspoons olive oil ½ small banana
<b>Morning Snack</b>	1 cup lactose-free nutrition supplement
<b>Lunch</b>	1 veggie burger 5 saltine crackers ½ cup baked potato wedges without skin ½ cup canned peaches
<b>Afternoon Snack</b>	1 cup lactose-free nutrition supplement
<b>Evening Meal</b>	Stir fry made with: ½ cup tofu 2/3 cup white rice ½ cup cooked carrots 2 teaspoons peanut oil
<b>Evening Snack</b>	1 rice cake 1 cup 2% milk

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## 5 Sample Menus for Gradually Increasing Fiber

This handout contains 5 sample menus that increase in fiber from a low-fiber diet (8.5 grams of fiber daily) to a fiber-restricted diet (13.5 grams of fiber daily) to medium-fiber diets.

These menus may be used to treat irritable bowel syndrome (IBS), inflammatory bowel disease (Crohn’s disease and colitis), and other gastrointestinal conditions when you are no longer experiencing symptoms and fiber can gradually be added back into your diet.

Some foods, such as chili, may have other causes of symptoms in addition to being high in fiber. Some people can increase their fiber gradually to be able to enjoy these types of foods again. It is important not to increase fiber levels too quickly and to think about moving from one menu to the next over a period of weeks, not days. Discuss menu choices and timeline with your registered dietitian.

In all menus, grams (g) of fiber are rounded off to the nearest 0.5 g and given in parentheses. Approximate totals are given below the menus.

### Menu 1 (approximately 8.5 g fiber)

<b>Breakfast</b>	1 scrambled egg 1 slice white toast (0.5 g) with 1 teaspoon margarine ½ cup fine-ground grits or cream of wheat (0.5 g) ½ cup cranberry juice Tea or coffee
<b>Snack</b>	6 saltine crackers (0.5 g) 1 cup milk or 1 cup lactose-free milk
<b>Lunch</b>	Chicken salad sandwich: 3 tablespoons chopped/canned chicken mixed with mayonnaise, 2 slices sourdough bread (1.0 g) ½ cup canned peaches (1.0 g) 1 cup water or 1 cup Gatorade Popsicle ( <b>no</b> red or purple)
<b>Snack</b>	6 to 8 ounces smooth yogurt 1 banana (3.0 g) 1 cup water
<b>Evening Meal</b>	3 ounces baked fish (cod or tilapia with 2 teaspoons olive oil) 1 cup white rice (0.5 g) ½ cup cooked canned carrots (1.0 g) 1 soft white dinner roll (0.5 g) with 1 tablespoon margarine 1 cup apple juice

**Total fiber for Menu 1 = 8.5 g**

## Menu 2 (approximately 13.5 g fiber)

<b>Breakfast</b>	1 scrambled egg 1 slice white toast (0.5 g) with 1 teaspoon margarine ½ cup fine-ground grits or cream of wheat (0.5 g) ½ cup cranberry juice Caffeine-free herbal tea
<b>Snack</b>	Fruit smoothie: 1 cup low-fat milk, low-fat lactose-free milk, or soy milk; 1 cup yogurt or lactose-free yogurt; and 1 banana (3.0 g)
<b>Lunch</b>	1 cup chicken noodle soup with carrots and celery (1.5 g) Tuna salad: 3 tablespoons tuna fish mixed with 1 to 2 tablespoons mayonnaise on 4-inch white pita bread (1.0 g) 5 saltines (0.5 g) Caffeine-free herbal tea
<b>Snack</b>	½ cup cottage cheese (optional: lactose free) ½ cup canned pears (1.5 g)
<b>Evening Meal</b>	4 ounces baked chicken 1 cup white rice (0.5 g) ½ cup cooked green beans (2.0 g) ½ cup applesauce (1.5 g)
<b>Snack</b>	1 cup low-fiber cereal (less than 2 g fiber per serving) (1.0 g) with ½ cup low-fat lactose-free milk

**Total fiber for Menu 2 = 13.5 g**

## Menu 3 (approximately 15.0 g fiber)

<b>Breakfast</b>	2/3 cup Toasted Os cereal (3.0 g) 1 cup low-fat, lactose-free, or soy milk 1 ripe banana (3.0 g)
<b>Snack</b>	1 cup decaffeinated tea 6 ounces yogurt with fruit on the bottom (optional: lactose free)
<b>Lunch</b>	1½ cups chicken and rice soup with 2 ounces added chicken (3.0 g) ¼ cup cooked carrots (1.0 g) 1 slice white toast with a thin spread of jelly (0.5 g) ½ cup Jell-O ( <b>no</b> red or purple)
<b>Snack</b>	6 saltine crackers (0.5 g) 1 cup fruit juice without pulp
<b>Evening Meal</b>	4 to 6 ounces baked fish topped with breadcrumbs (0.5 g), a squeeze of lemon, and 1 teaspoon butter or margarine ½ cup mashed potato (1.5 g) ½ cup cooked green beans (2.0 g) 1 cup water
<b>Snack</b>	½ cup sorbet

**Total fiber for Menu 3 = 15.0 g**



## Menu 4 (approximately 18.0 g fiber)

<b>Breakfast</b>	2 poached eggs (yolk cooked solid) 1 slice honey-wheat bread with 1 teaspoon margarine (0.5 g) ½ cup cranapple juice
<b>Snack</b>	English muffin (1.5 g) with 1 teaspoon margarine 1 small banana (3.0 g) 1 cup herbal tea
<b>Lunch</b>	4 ounces baked salmon ½ cup white rice (0.5 g) ½ cup sweet potato, no skin (3.0g) 1 cup fat-free or low-fat milk, low-fat lactose-free milk, or soy milk 1 cup water
<b>Snack</b>	1 cup yogurt, fruited ¼ cup blueberries (1.0 g) 1 cup water
<b>Evening meal</b>	Sandwich: 2 ounces turkey, 1 ounce swiss cheese, and 2 slices white bread (1.0 g) 1 ounce (a small handful) pretzels (0.5 g) 1 medium fresh apple (4.5 g) 1 cup water
<b>Snack</b>	2 whole graham crackers (1.5 g) 1 tablespoon smooth peanut butter (1.0 g) 1 cup soy milk or low-fat milk (optional: lactose free) 1 cup water

**Total fiber for Menu 4 = 18.0 g**

## Menu 5 (approximately 23.0 g fiber)

<b>Breakfast</b>	2/3 cup oat rings cereal (3.0 g) with ½ cup fat-free or low-fat milk (optional: lactose-free) 1 cup coffee or tea 1 cup water
<b>Lunch</b>	1 cup chili (6.0 g) 8 wheat crackers (1.0 g) 1 fresh apple (4.5 g) 1 cup water or lemonade (optional: sugar free)
<b>Snack</b>	8 ounces yogurt 2 cups water
<b>Evening Meal</b>	3 ounces sliced chicken 1 cup mixed cooked vegetables (5.0 g) ½ cup jasmine rice ½ cup fresh blueberries and sliced bananas (2.0 g) 1 cup hot tea (optional: decaf)
<b>Snack</b>	1 cup hot chocolate (1.5 g )

**Total fiber for Menu 5 = 23.0 g**

### Notes

