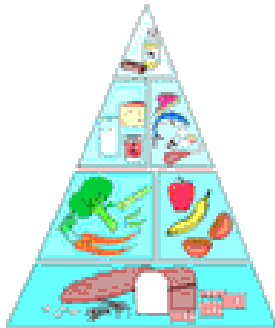


Dietary Guidelines for Crohns Disease and Ulcerative Colitis

Q: *Is there a special diet for patients with Crohns Disease and ulcerative colitis?*

A: We recommend a nutritionally balanced diet, including dairy products, meat, fruits and vegetables and breads and grains. Individual taste preferences, cultural lifestyle and food tolerances should be taken into account.

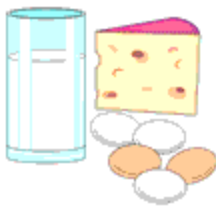
We also suggest a-Day, Centrum, the dietary regimen. therapy and/or have have lactose recommend calcium and vitamin D (400 IU/day) supplements. If you are on sulfasalazine (Azulvidine) or methotrexate you should be taking a folate/folic acid supplement (1mg/day)



a daily multivitamin (One-Flintstones) to supplement If you are on steroid small bowel disease and/or intolerance, we also (1000-1500mg/day) and

Q: *what if I do have lactose intolerance?*

A: Lactose intolerance is usually evident by cramping, bloating, gas and diarrhea that is closely associated with milk ingestion. The biggest dietary concern is the potential for poor calcium intake (see above for recommendations). However, it is important to determine the severity of the restrictions required.



Some persons with milk "intolerance" can eat yogurt and certain cheeses (i.e.; Cheddar, Swiss, provolone and parmesan). There is a milk product "LACTAID", that has the missing enzyme added to the milk and allows some milk intolerant people to drink it. Also soymilk products (they do require an

adjustment to the taste) are becoming increasingly available and are very well tolerated.

Q: *I have a narrowing in my intestine because of my Crohns disease. Is there a special diet that I should be on, or food choices I should be making?*

A: It is possible for incompletely digested food to get “hung up” in those narrowed (strictured) areas of the bowel. We recommend a “low-chunk” or “low particulate” diet: that is a diet that consists of foods that are easily and completely digested prior to arrival at the narrowed areas. The concept of these dietary restrictions is to avoid complete or near-complete blockage of the intestine associated with food residuals that are larger than the narrowed areas.

Low Particulate Diet:

Chew your foods slowly and thoroughly. Take your time and don't hurry through your meals. If you are trying a food for the first time, have only a small amount to make sure you don't have any problems. Also smaller, frequent meals may avoid some of the “backed up” type feelings associated with near blockages (pain, bloating, gas). As with any dietary suggestions, individual preferences must be taken into account as well as individual tolerances.

A note of caution: these dietary recommendations are not an absolute cure or prevention of intestinal blockage and obstruction. Should you ever have severe pain, bloating or an inability to pass gas or have a bowel movement, it is important that you contact your physician.

FOOD SUGGESTIONS: Low Particulate Diet

Avoid: raw or partially cooked (i.e., stir fry) vegetables including carrots, celery, pickles (sweet and dill), cucumbers, beets, zucchini, yellow squash, broccoli, cauliflower, cabbage, mushrooms, peppers (red and green), onions, olives, sauerkraut, cole slaw, root vegetables, radishes. Also avoid dried fruits and fresh fruits with tough skins such as apples, apricots, coconuts, peaches, pears, grapes, cherries and nectarines (if you can peel the skin off you can eat the fruit). Avoid cooked mushrooms. Avoid corn (especially corn). Vegetable pizza toppings are usually raw: avoid these. *Chew meat*



products very well. Avoid rare meat, tough cuts of meat, dried beans, seeds (pumpkin, sunflower) pistachios and peanuts. Popcorn is usually a big no-no.

okay: well cooked vegetables (almost all canned vegetables are OK) including cauliflower and broccoli tips (the good part), tomatoes (no skin, no seeds), potatoes and sweet potatoes (no skin). If you can mash the vegetable with a fork, it is probably okay. Potted meat products, hot dogs, hamburgers, chicken, fish, and tofu. Small quantities of canned beans and peas (rinsed well and

heated in fresh water to soften the skin), refried beans. Smooth peanut butter. Eggs, cereals (no dried fruit or nuts), oatmeal, grits, pasta and rice. Most breads are okay as long as they don't have nuts, seeds or dried fruit. Fruit and vegetable juices. Canned fruits (except pineapple) and applesauce. Well-cooked greens in small amounts. Well-cooked turnips and rutabagas (mashed). Lettuce and spinach (particularly raw) might cause some problems. It is an individual preference).



Q: *I have a lot of gas and bloating and my doctor has said it is because of too much bacteria in my intestine. Is there anything I can eat that may help?*

Although this is an untested remedy, many patients are reporting success with diets that are similar to the Atkins or South Beach diet in that carbohydrates are decreased and more protein is consumed. Foods that have been reported to be troublesome are starchy or sugary foods such as breads, white pasta and white rice, sodas with sugar and all sweets. An increase in foods such as fish, lean meats, whole-wheat breads and pasta, and brown rice have been reported as helpful. Please know that we still very much recommend a balanced diet and in no way are we recommending either of these dietary approaches as treatment for your inflammatory bowel disease, but rather are suggesting that dietary modifications may relieve some of your symptoms.

An additional reminder

These are suggestions for healthy, safe eating. It is likely, that during periods of active disease (a flare of your IBD) you may not be able to eat what you usually do. It may be necessary to adjust your diet accordingly and minimize the aggravating foods from your diet during these times.

Many patients have asked about additional information regarding diet and IBD. The Crohns and Colitis Foundation of America (www.ccfa.org) have a number of informative articles on diet.

In addition, 2 books that may be helpful are "The New Eating Right for a Bad Gut" by James Scala, and "Breaking the Vicious Cycle" by Elaine Gottschall. (Please note that we do not recommend these books, merely that they have some helpful information: generally speaking the diets discussed in these books are too restrictive and/or have information about supplements that are untested in clinical trials).