

A Nutritional Guide for Adults with IBD



There is no special diet for adults with IBD; however, a nutritionally balanced diet is an important part of managing the symptoms of IBD. Available information regarding dietary treatments for IBD is often quite confusing. In most cases there is no need to avoid foods unless they worsen your symptoms. You may not be able to tolerate certain kinds of foods – this may be related to where your disease is, what surgery you have had and what medicines you are on. This is different from person to person so uniform guidelines are not possible and your doctor or nurse will work with you on your diet or may refer you to a nutrition consultant.

General

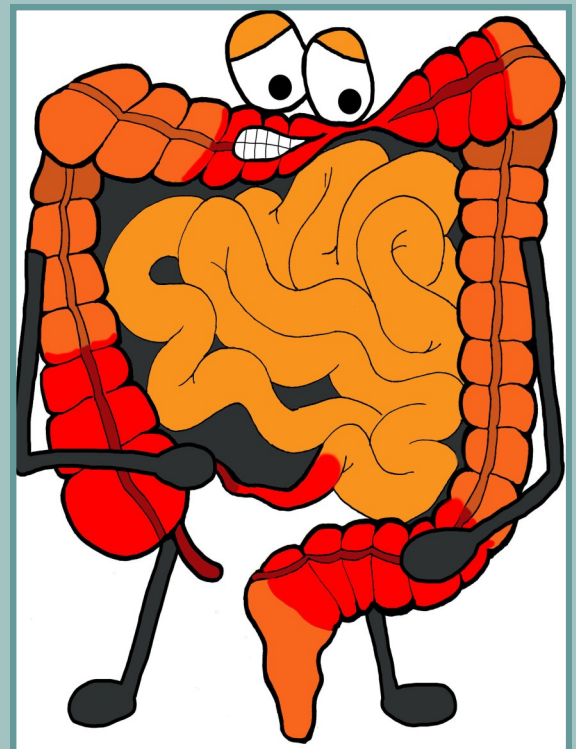
Recommendation: Try to eat a nutritionally balanced diet including dairy products (if not lactose intolerant), meat, fruits and vegetables and breads and grains. Try to identify problem foods for you by keeping a record of foods eaten and when symptoms seem to worsen. Try not to overly restrict your diet.

SPECIFIC DIETS

LOW FIBER DIET: Low fiber diets are often recommended if you have a narrowed area of your intestine such as from surgery or a stricture related to Crohn's disease. Low residue/fiber diets may also be helpful during a flare to reduce abdominal pain and diarrhea. This diet consists of foods that are easily and completely digested.

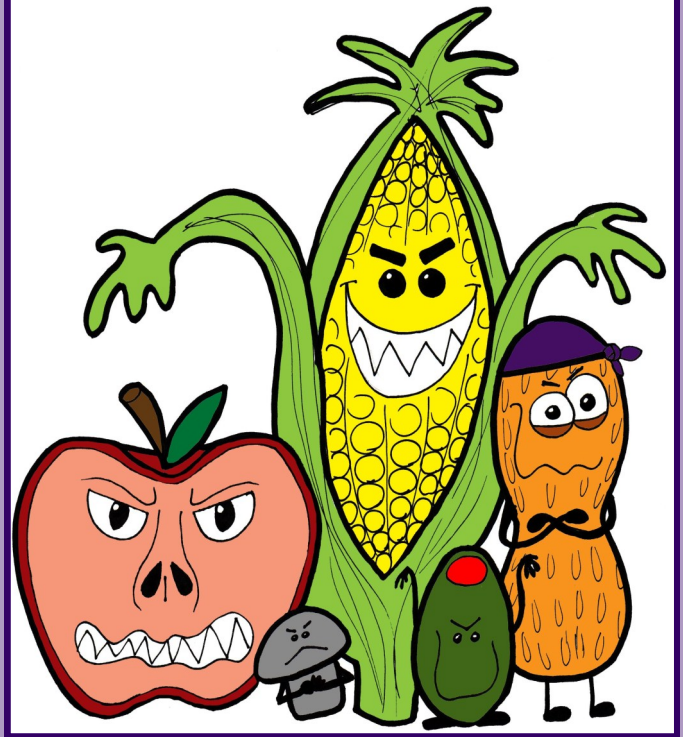
GENERAL RECOMMENDATIONS :

- Chew foods slowly and thoroughly; don't hurry through meals.
- If trying a food for the first time, have only a small amount to make sure you don't have any problems.
- Smaller, frequent meals may avoid some of the "backed up" type feelings.

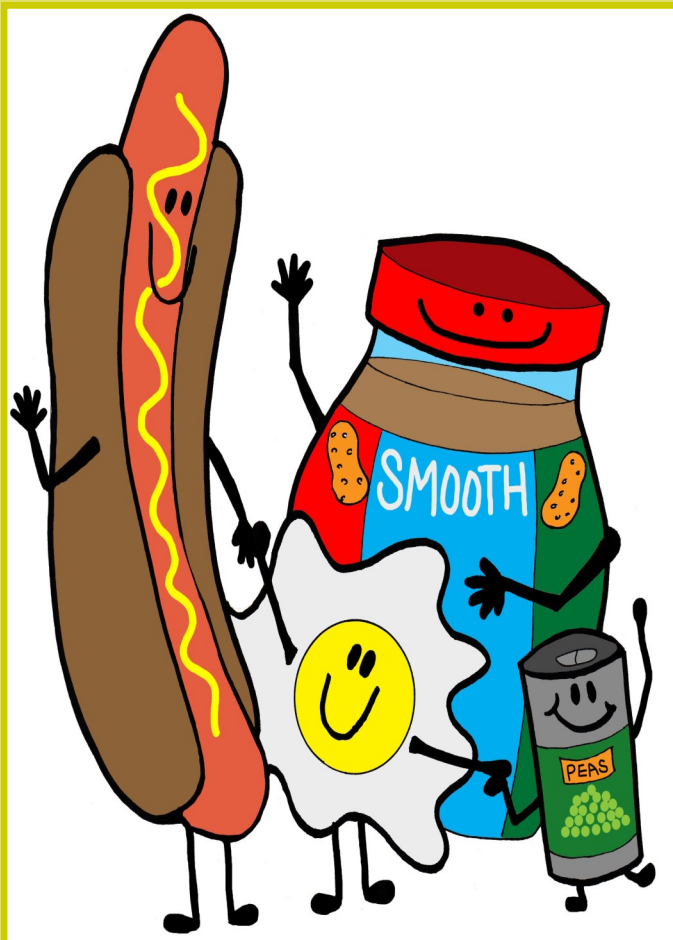


What should I AVOID?

- **Whole grain breads/ grains.**
- **Bran, barley, brown and wild rice.**
- **Raw vegetables and vegetables with seeds:** carrots, celery, pickles, cucumbers, beets, zucchini, yellow squash, broccoli, cauliflower, cabbage, mushrooms, peppers, onions, olives, sauerkraut, coleslaw, radishes. Lettuce and uncooked spinach may cause problems.
- **Dried fruits and fresh fruits with tough skins:** apples, apricots, coconuts, peaches, pears, grapes, cherries and nectarines (if you can peel the skin off and avoid the seeds, you can eat the fruit).
- **Cooked mushrooms.**
- **Corn, especially popcorn.**
- **Rare meat, tough cuts of meat.**
- **Dried beans, nuts and seeds.**



What is OK?



- **Breads/Grains:** refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, and waffles, Refined ready-to-eat cereals. Cooked refined wheat, corn or rice cereal, Strained oatmeal, grits and farina, white rice, refined pasta, macaroni, noodles.
- **Vegetables** (almost all canned vegetables are OK): cauliflower and broccoli tips (the good part), tomatoes (no skin, no seeds), potatoes and sweet potatoes (no skin).
- **Meat:** ground or well-cooked, tender beef, ham, veal, lamb, pork, fish, shellfish, poultry (no skin).
- **Eggs, Tofu.**
- **Smooth peanut butter.**
- **Eggs, cereals** (no dried fruit or nuts), **oatmeal, grits, pasta and rice.**
- **Breads** that don't contain nuts, seeds or dried fruit (whole grain).
- **Fruit and vegetable juices.**
- **Canned fruits** (except pineapple), **applesauce.**
- **Well-cooked greens** (small amounts): well-cooked turnips and rutabagas (mashed).

DIETARY SOURCES OF SPECIFIC NUTRIENTS

Patients with IBD may have problems with certain nutrients due to absorption problems, prior surgeries, diarrhea or certain medications. Your doctor or nurse will talk to you about specific vitamins, minerals and nutrients that you may need to concentrate on. Some of the common deficiency problems and the foods that help replace these nutrients are listed below.



CALCIUM and VITAMIN D: nutrients important for healthy bones; the main source being dairy products. Adults with IBD are especially at risk because dairy products are often avoided due to perceived or real lactose intolerance. You should be taking in between 1,000-1,200 mg of calcium per day. Pregnant women and teens may require up to 1,300 mg of Calcium per day. Supplements are available for both calcium and vitamin D. *Dietary Sources:* **Calcium:** dairy, sardines, calcium fortified orange juice, tofu, turnip greens, dried figs. **Vitamin D:** dairy, liver, salmon.



VITAMIN B12: nutrient important for normal body function including red blood cell formation and tissue and cellular repair. B12 deficiency can lead to anemia and nerve damage. People who have had resection of or inflammation in their ileum may not be able to absorb B12 from the diet and may require B12 shots or pills that melt under the tongue. *Dietary Sources:* meat, fish, poultry.

PROTEIN: inflammation in IBD leads to increased need for protein. Inadequate protein intake may negatively affect healing and lead to muscle loss. *Dietary Sources:* meat, fish (sardines and salmon have the highest amount), eggs, Greek yogurt, beans, cheese, nuts or seeds.

There are also multiple protein supplements available in grocery stores and in the pharmacy.

Supplement	Amount	Grams of Protein
Liquid Ensure, Boost or generic equivalent	1 can	12 grams
Powdered	(mixed with 1 cup of milk)	
Carnation Instant Breakfast	1 pack (36 g)	13 grams
Boost High Protein Powder	7 TBS (42 g)	13 grams
Scandishakes	1 pack	14 grams
Dried Milk Powder	1 Tbsp	15 grams
Beneprotein (Nestle nutrition)	1 pack (6 g)	14 grams
Nutra/Pro	1 pack (26 g)	24 grams

FOLIC ACID: another B vitamin (B9) needed for production of red blood cells and for growth and repair of tissues. Pregnant women need folate to prevent defects of the growing baby's brain and spine. If you are low in folate it can cause anemia. Certain IBD medicines such as methotrexate and sulfasalazine can interfere with folic acid and supplementation is recommended.

Dietary Sources: liver, beets, corn, legumes, green leafy vegetable, asparagus, broccoli, brussel sprouts, cauliflower, peas, sunflower seeds, fortified whole wheat bread.

ZINC: Zinc is important for immune system function, growth and development and appetite. Zinc deficiency is often seen with diarrhea and can cause diarrhea as well as acne, delayed growth and poor appetite.

Dietary Sources: oysters contain more zinc per serving than any other food. Other sources include red meat and poultry, beans, nuts, whole grains, fortified breakfast cereals and dairy products.

IRON: Iron is a mineral and is used by many enzymes in the body. It is a part of hemoglobin which carries oxygen from the lungs to places it is needed in the body. It also helps the muscles use oxygen. Iron deficiency is commonly seen in IBD due to blood loss and due to active inflammation.

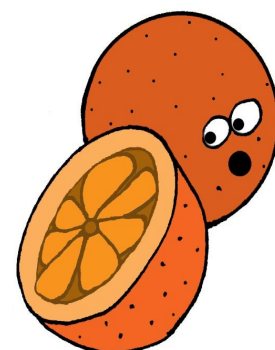
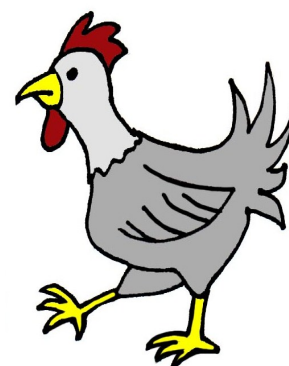
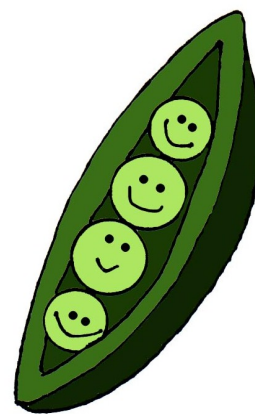
Dietary Sources: red meat, fish, poultry, eggs, clams, fortified cereals, beans.

Vitamin A: Vitamin A often is low if there is fat malabsorption. It is part of the family called retinoids. Vitamin A is important for vision, immune system function and growth and repair of tissues. Low vitamin A may lead to visual problems such as night blindness, dry skin, dry hair, broken fingernails and increased infections.

Dietary Sources: liver, eggs, dairy, fish liver oils, dark green leafy vegetables (e.g., green peas, spinach), sweet potatoes, pumpkin pie.

Vitamin C: Vitamin C is important for normal growth and development. It helps with healing wounds and repair of bones and teeth. It is also an antioxidant which may be helpful to block damage caused by certain chemicals. The body cannot store or make vitamin C so it is important to get this in your diet.

Dietary Sources: fruits (citrus fruits, bananas, apples, cantaloupe, kiwi fruit, watermelon) vegetables (broccoli, brussel sprouts, sweet and white potatoes, green and red peppers, tomatoes and tomato juice). Some cereals and other foods and beverages are fortified with vitamin C.



CARBOHYDRATES

Although not proven, many patients reported a reduction of some symptoms of IBD (diarrhea, gas and/or bloating) with a **low carbohydrate diet** and increased protein consumption. There are reports of IBD patient's symptoms improving with a decrease the intake of poorly digestible carbohydrates. There are no well designed research studies that have clearly shown that low carbohydrate diets are of marked benefit. If diarrhea, gas and bloating are a major component of symptoms – a trial of decreased poorly digested carbohydrates may be reasonable.

You may wish to look at information on a low FODMAP diet – low in fermentable oligo, di and mono-saccharides and polyols that has been used in treatment of patients with irritable bowel syndrome or discuss this approach with a nutritional consultant.

There is also something called the specific carbohydrate diet that was popularized by Elaine Gottschall (*Breaking the Vicious Cycle*) that again is mainly supported by patient testimonials not research studies in IBD. It has benefited some people but should not be a substitute for your conventional treatment. It may be worth a try but discuss this with your doctor before starting.

It is also very important to not decrease your overall calories by cutting out certain carbohydrates from your diet.

Foods reported troublesome:

Starchy or sugary foods such as breads, white pasta, white rice, sugary sodas and all sweets.

Foods reported helpful:

Fish, lean meats, whole-wheat breads and pastas and brown rice.





LACTOSE INTOLERANCE

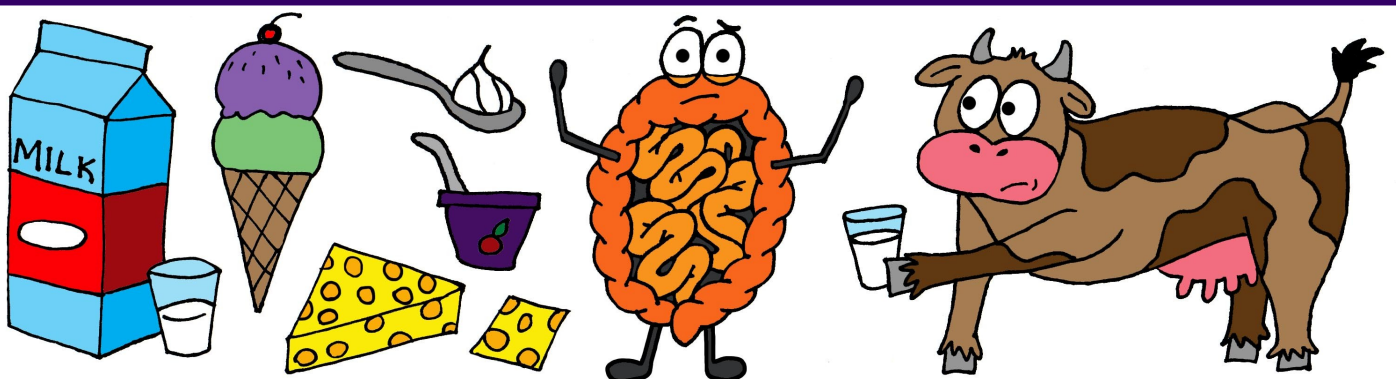
Lactose is the natural sugar in milk and many dairy products. Difficulty digesting lactose due to low levels of the lactase enzyme needed to break down lactose in the small bowel leads to lactose intolerance. This is a common problem and may make IBD symptoms worse. Lactose intolerance is seen more as people age.

Symptoms: cramping, bloating, gas, and/or diarrhea after consuming dairy products. Symptoms occur 30 minutes to 2 hours after eating foods that contain lactose. More than 80% of all adults can't drink over 6 ounces of milk without feeling these symptoms!

You may not need to cut out all lactose containing foods. Some people with lactose intolerance can eat some lactose containing foods by adjusting the amount, type and timing of the food.

TIPS

- Add new foods one at a time and decrease amount or eliminate if you develop symptoms
- Eat lactose containing food with a meal.
- If you cannot tolerate any lactose – make sure that you look for lactose on label of foods made from dairy products such as pudding, cream soups, etc.
- Look for lactose in prescribed medications – may need to check with pharmacist if you are having trouble.
- Lactose reduced milk is available in dairy section of most grocery stores and can be used in place of regular milk.
- Soy milk and rice milk are lactose free but may not contain calcium and vitamin D. Look at the label.
- Lactase enzyme supplements may help you tolerate lactose containing foods and are available without prescription in the pharmacy and the grocery store.



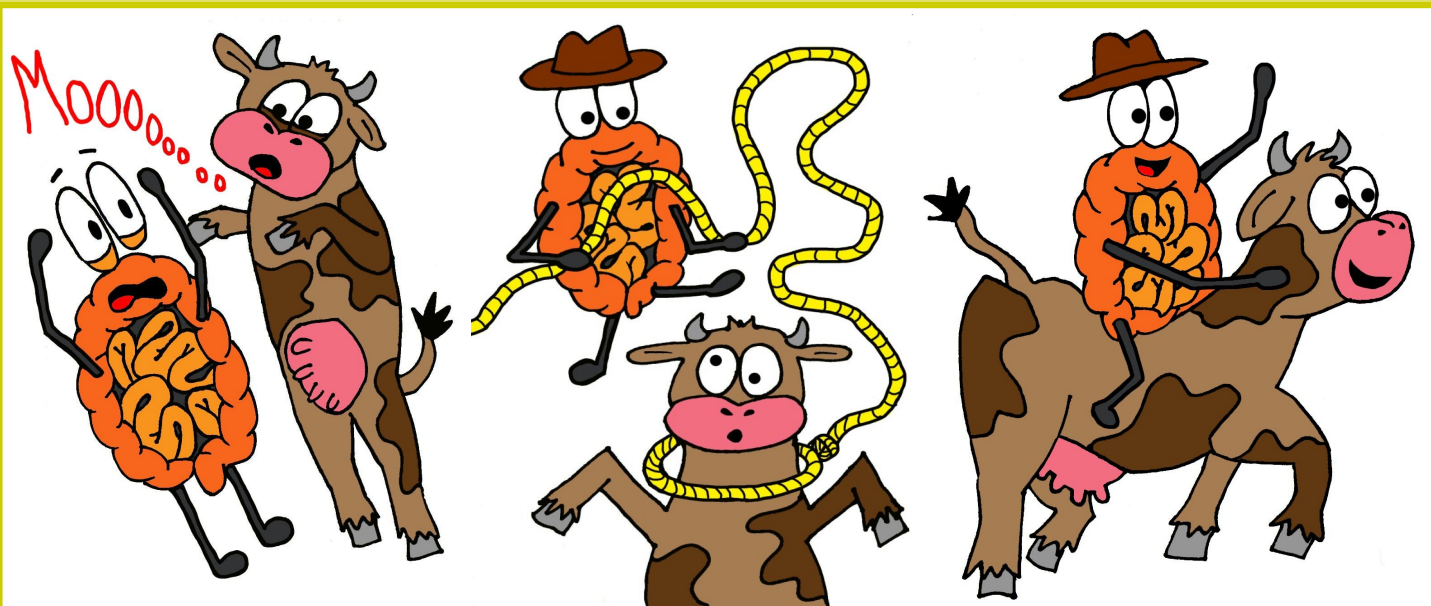
Common Lactose Containing Foods and Amounts

Lactose Containing Food	Serving Size	Amount of Lactose (grams)
Milk	1 cup	10 -12
Cheese	1 ounce	0-2
Cheddar	1 ounce	0
American, Swiss	1 ounce	1
Bleu Cheese	1 ounce	2
Ice Cream	½ cup	6
Ice Milk	½ cup	9
Sour Cream	½ cup	4
Cream Cheese	1 ounce	1
Yogurt*	1 cup	5-10

- Cultured yogurt contains some enzymes that may break down lactose and is usually tolerated by people with lactose intolerance.

If tolerated, dairy products are a good source of **calories, protein, vitamins and minerals**. The biggest dietary concern for lactose intolerant adults with IBD is the potential for poor calcium and vitamin D intake. You may require vitamin D and calcium supplements if you are not getting enough in your diet.

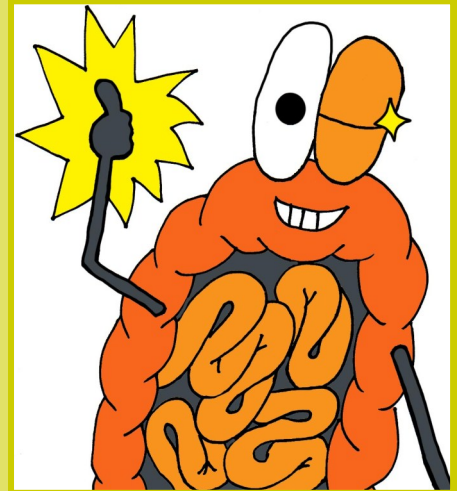
It's important to know that the severity of dairy restrictions varies, and most lactose intolerant patients' diets do not have to be completely dairy-free. Discuss your limits to dairy products and your calcium and vitamin D intake with your health care provider.



INDIVIDUAL PLAN

Dietary recommendations must be individualized.

Everyone reacts differently, so it's important to talk to your doctor about what diet might work for you! **ALSO**, keep in mind that while IBD cannot be cured by following a specific diet, your condition can be better managed by eating healthfully and avoiding certain foods that may worsen or trigger symptoms.



Learn more at...

IBD General: <http://www.cdfa.org/resources/diet-and-nutrition.html>
http://www.ucsfhealth.org/education/nutrition_tips_for_inflammatory_bowel_disease/index.html

B12: <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=107>

Lactose Intolerance: <http://digestive.niddk.nih.gov/ddiseases/pubs/lactoseintolerance/>

Zinc: <http://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>

Iron: [http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html#Iron Sources](http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html#Iron_Sources)

Vitamin A: <http://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>

Vitamin C: <http://www.nlm.nih.gov/medlineplus/ency/article/002404.htm>

Low-FODMAP diet: <http://www.ibsgroup.org/brochures/fodmap-intolerances.pdf>

Books that may be helpful

1. What to Eat with IBD: A Comprehensive Nutrition and Recipe Guide for Crohn's Disease and Ulcerative Colitis by Tracie M. Dalessandro
2. Breaking the Vicious Cycle: Intestinal Health Through diet by Elaine Gloria Gottschall
3. The New Eating Right for a Bad Gut: The Complete Nutritional Guide to Ileitis, Colitis, Crohn's Disease and Inflammatory Bowel Disease by James Scala
4. How to Cook for Crohn's and Colitis: More than 200 Healthy Delicious Recipes the Whole Family Will Love by Brenda Roscher.

These may have helpful information regarding IBD and nutrients. Some of the diets discussed in these books are too restrictive for most IBD patients. Before embarking on any type of dietary intervention you should discuss it with your doctor to make sure that you are obtaining the types of nutrients that you need.