

## 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.

