

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.

