

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.