

# 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.

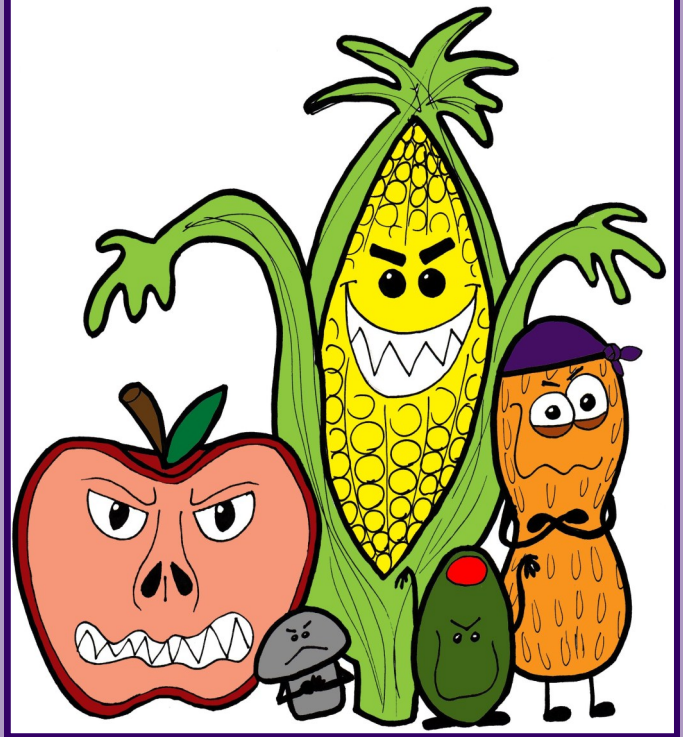
### GENERAL RECOMMENDATIONS :

- 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.

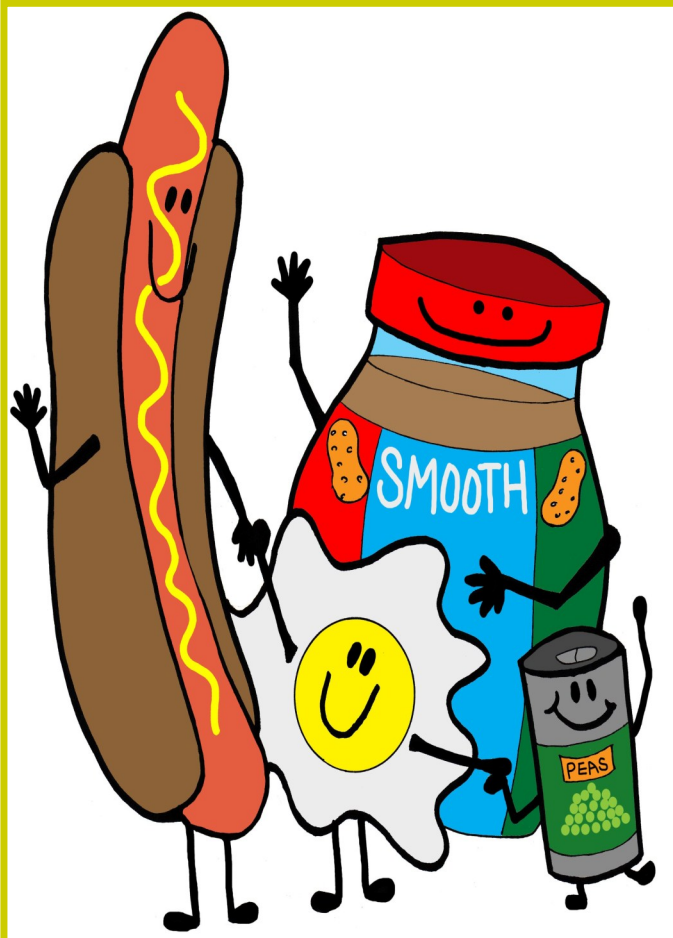


## What should I AVOID?

- **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).