

Crohn's Disease and Ulcerative Colitis Nutrition Therapy

Client Name _____ Date _____

Dietitian / Dietetic Technician _____

Phone _____ Email _____

Why Was Nutrition Therapy Prescribed?

Crohn's disease and ulcerative colitis (which are sometimes called "inflammatory bowel disease," or IBD) can cause many nutrition problems. For example:

- You may not digest and absorb the food you eat.
- You may need more of some vitamins and minerals.
- Some of the medicines you take may affect your ability to eat.

Nutrition therapy makes sure that the food you eat will improve your health and help control your symptoms.

Guidelines

- Eat small meals or snacks every 3 or 4 hours.
- When you have symptoms, stick to the foods in the Recommended Foods chart. These foods are lower in fiber. When diarrhea decreases, you may have small amounts of whole grain foods and higher-fiber fruits and vegetables. Try them one at a time. If you have abdominal pain or diarrhea, then stop eating the new food. You can try it again at a later date.
- Drink enough fluids to prevent dehydration. Aim for at least 8 cups of fluid each day.
- Eat foods that have added probiotics and prebiotics. Ask your registered dietitian (RD) for good choices.
- Use a multivitamin. You may need more of some vitamins and minerals than you do when you are healthy. Ask your RD about taking supplements.
- During periods when you don't have symptoms, include whole grains and a variety of fruits and vegetables in your eating plan. Start new foods one at a time, in small amounts.



This handout may be duplicated for client education.

Recommended Foods

These foods are recommended for people with diarrhea and abdominal pain. (They may also be eaten by people without symptoms.)

Food Group	Recommended Foods	Notes
Milk and dairy products	Buttermilk Evaporated, skim, powdered or low-fat milk Smooth, nonfat or low-fat yogurt Low-fat cheeses Low-fat ice cream Sherbet	<ul style="list-style-type: none"> Choose lactose-free products if you have lactose intolerance. Lactose intolerance causes symptoms after drinking regular milk or eating foods made from milk. Symptoms include diarrhea, nausea, stomach pain, and bloating. Choose yogurt with live, active cultures. (The food label will list this information.)
Meats and other protein foods	Tender, well-cooked meats, poultry, fish, eggs, and soy prepared without added fat Smooth nut butter	
Grains	Bread, bagels, rolls, crackers, cereals, and pasta made from white or refined flour	<ul style="list-style-type: none"> Choose grain foods with less than 2 grams of fiber per serving. The grams of dietary fiber in one serving are listed on the Nutrition Facts label of packaged foods.)
Vegetables	Most well-cooked vegetables without seeds Potatoes without skin Lettuce Strained vegetable juice	<ul style="list-style-type: none"> See the “Not Recommended Foods” chart for a list of vegetables that you should avoid when you have diarrhea or abdominal pain.
Fruits	Fruit juice without pulp (except prune juice) Ripe banana or melons Most canned, soft fruits Peeled apple	<ul style="list-style-type: none"> Choose canned fruit in juice or light syrup. Heavy syrup has lots of sugar, which may make diarrhea worse. See the “Not Recommended Foods” chart for a list of fruits that you should avoid when you have diarrhea or abdominal pain.
Fats and oils	<ul style="list-style-type: none"> Limit fats and oils to less than 8 teaspoons per day 	
Beverages	Water Decaffeinated coffee Caffeine-free tea Soft drinks without caffeine Rehydration beverages	<ul style="list-style-type: none"> Drinking beverages with sugar or corn syrup may make diarrhea worse for some people. Very sweet juices may also have this effect.

Foods Not Recommended

These foods are not recommended for people with diarrhea and abdominal pain. If you do not have symptoms, you may eat them.

Food Group	Foods to Avoid
Milk and dairy products	Yogurt with berries, orange or lemon rind, or nuts Whole milk Half-and-half, cream, sour cream Ice cream (unless it is low-fat or nonfat)
Meats and other protein foods	Fried meats, including sausage and bacon Luncheon meats, such as bologna or salami Hot dogs Tough or chewy cuts of meat Fried eggs All dried beans, peas, and nuts Chunky nut butters
Grains	Whole wheat or whole grain breads, rolls, crackers, or pasta Brown rice and wild rice Cereals made from whole grain Any grain foods made with seeds or nuts
Vegetables	Beets Broccoli, brussels sprouts Cabbage and sauerkraut Cauliflower, corn Greens (mustard, turnip, collards), spinach Lima beans Mushrooms Okra Onions Parsnips Peppers Potato skins Winter squash
Fruits	All raw fruits except peeled apple, ripe bananas, and melon Canned berries, canned cherries Dried fruits, including raisins Prune juice
Fats and oils	Do not have more than 8 teaspoons per day.
Beverages	Beverage with caffeine, such as coffee, tea, cola, some sport drinks Alcoholic drinks Avoid sweet fruit juices and soft drinks or other beverages made with sugar or corn syrup if they make diarrhea worse.
Other	Sugar alcohols (sorbitol, mannitol, xylitol) cause diarrhea in some people. These ingredients are often found in sugarless gums and candies, as well as some medications.

Sample 1-Day Menu

	Fiber
Breakfast 1-egg omelet 1 slice white toast with 1 teaspoon margarine ½ cup grits ½ cup cranberry juice Caffeine-free herbal tea	0.6 gram 0.35 gram
Snack 1 cup lactose-free, high-calorie/high-protein liquid supplement or Fruit smoothie: 1 cup soy milk blended with 1 cup yogurt and ripe banana	6.3 grams
Lunch 1 cup low-fat cream of mushroom soup 3 tablespoons tuna salad on 4-inch white pita bread 5 saltines Caffeine-free herbal tea	0.5 gram 0.6 gram 0.5 gram
Snack 1 cup lactose-free, high-calorie/high-protein liquid supplement or ½ cup cottage cheese sprinkled with cinnamon and sugar	
Evening Meal 4 ounces baked chicken 1 cup white rice ½ cup carrots 1 white roll	1 gram 1.5 grams 0.8 gram
Snack 1 cup lactose-free, high-calorie/high-protein liquid supplement or 1 cup low-fiber cereal with ½ cup skim milk (choose lactose-free milk if lactose intolerant)	0.9 gram
Total Daily Fiber	13 grams

Meal Planning Tips

- Relax before, during, and after meals. To relax, try listening to soothing music, discussing enjoyable topics, or eating in a pleasant place.
- Avoid distractions while eating.
- If you eat at work, try to unplug the phone and turn off the computer, or eat away from your work space.
- Eat small meals and snacks frequently (about every 3 or 4 hours). Avoid eating large meals.
- Take small bites and chew food well.
- Sip beverages instead of gulping them.