



LIVING WITH INFLAMMATORY BOWEL DISEASE

DIET TIPS & GUIDANCE

WHAT IS IBD?

1. Inflammatory bowel disease includes Crohn's disease and Ulcerative Colitis.
2. Symptoms associated with inflammatory bowel disease include:
 - Abdominal pain
 - Nausea
 - Rectal bleeding
 - Diarrhea
 - Loss of appetite
 - Reduced oral intake
 - Impaired nutritional status
3. Dietary management in IBD focuses on **maximizing nutritional status, maintaining adequate intake and avoiding foods that can exacerbate symptoms.**
4. **There is not one diet that fits all. Rather, the best diet is one that meets your nutritional needs as well as manages your symptoms.**

TIPS TO FOLLOW FOR IBD

- Focus on variety, not restriction
- Avoid self-imposed diets
- Make small diet changes
- Keeping a food diary can be beneficial to help identify foods you tolerate and foods that trigger symptoms

Need more help?
GI Associates is here for you.

Schedule your appointment today:
715.847.2558 or giassoc.org



FOODS TO INCREASE IN YOUR IBD DIET

Fruits

- Bananas
- Raspberries
- Applesauce
- Blended fruit

Vegetables

- Squash
- Cooked carrots
- Green beans

Cooked Starches

- Potatoes
- Rice
- Oatmeal

Rich Omega-3 Fatty Acid Foods

- Salmon & tuna
- Walnut butter
- Chia seed
- Flaxseed oil
- Flaxseed meal

FOODS TO AVOID DURING FLARES

Trigger foods may exacerbate symptoms, including cramping, bloating and diarrhea. Again, this is individualized; however, listed below are some common foods that may lead to symptoms.

- High insoluble fiber (whole grains, raw vegetables)
- Baked goods, sugary sweets (cookies, pastries)
- Lactose products (cow's milk, cheese, cream)
- Greasy, fried or spicy foods (butter, sriracha, chili powder)
- Caffeine and alcohol