

LIVING WITH

INFLAMMATORY BOWEL DISEASE (IBD)

DIET TIPS & GUIDANCE

WHAT IS INFLAMMATORY **BOWEL DISEASE (IBD)?**

IBD causes inflammation of the gastrointestinal (GI) tract, disrupting both digestive health and quality of life. The most common chronic IBD conditions are Crohn's Disease and **ulcerative colitis.** Managing IBD requires a thoughtful approach to diet and lifestyle, as diet plays a critical role in alleviating symptoms. With the right tools, strategies and support, living with IBD is entirely manageable. Use this guide as your starting point, reach out to your healthcare team and explore trusted resources for personalized care options remember, you're never alone on this journey.

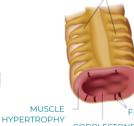


CROHN'S DISEASE

FAT WRAPPING

ULCERATIVE COLITIS







COBBLESTONE



ULCERATION WITHIN THE MUCOSA

IBD SYMPTOMS

- Abdominal pain
- Diarrhea
- Rectal bleeding
- Nausea
- Fatique
- Weight loss
- Loss of appetite or eating less than usual
- Nutritional deficiencies

WHAT IS AN IBD FLARE?

- IBD flares are periods of intensified symptoms after remission or mild activity.
- Common symptoms include increased abdominal pain, frequent diarrhea, and fatigue.
- Triggers can include stress, specific foods, missed medication or infections.
- Early recognition of flares is crucial for effective symptom management and avoiding complications.

HOW TO MANAGE IBD

KEY DIETARY PRINCIPLES

• Focus on balanced. nutrient-dense foods.



- Identify and limit trigger foods.
- Experiment with food preparation methods like cooking or blending to promote better digestion.
- Keep a **food diary** to track how specific meals impact your symptoms.

LIFESTYLE CHANGES

- Practice mindfulness, yoga or meditation to manage and reduce stress.
- Engage in light to moderate exercise like walking or swimming.
- Focus on quality **sleep** to support recovery and reduce inflammation.

MEAL PLANNING TIPS

Practical strategies for creating daily meal plans that work for your lifestyle and condition:

- Plan Ahead: Prep multiple meals at once to ensure you always have IBD-friendly options available.
- Smaller Meals, More Often: Eating several smaller meals each day can ease digestion.
- **Hydration is Essential:** Drink plenty of water or electrolyte-rich fluids.
- Color-Coded Variety: Cook with a range of fruits and veggies while monitoring portions and preparation techniques.

NEED MORE HELP?

Schedule your appointment today.





FOODS TO INCLUDE

FOODS TO AVOID OR LIMIT

Prioritize foods that support digestion, reduce inflammation, and provide essential nutrients.

• Fruits:

Bananas, applesauce, raspberries (blended or cooked for better tolerance)

• Cooked Vegetables:

Carrots, squash, green beans

• Omega-3 Rich Foods:

Fatty fish (salmon, tuna), walnut butter, chia seeds, flaxseed meal

Cooked Starches:

Potatoes, rice, oatmeal, sweet potatoes

Leafy Greens:

Cooked or blended into smoothies for easier diaestibility











Some foods may exacerbate inflammation or trigger symptoms during flares. Moderation is key.

• Red and Processed Meats:

Beef, lamb, veal, bison, deli meats, bacon, sausages



• Saturated Fat and Oils:

Coconut oil, palm oil

• Sugary Snacks:

Cookies, cakes, pastries



FOODS TO PRIORITIZE DURING FLARES

When experiencing a flare-up, focus on gentle, lowresidue foods.

- Soft, Bland Foods: White pasta, potatoes, bread
- Low-Fiber Fruits: Bananas, cantaloupe
- Fully Cooked, Skinless Vegetables: Sauash, zucchini
- Gentle Protein Sources: Fish, eggs, poultry, tofu









FOODS TO AVOID DURING FLARES

Some foods may exacerbate inflammation or trigger symptoms during flares. Moderation is key.

- High Insoluble Fiber: Whole grains, raw vegetables
- **Baked Goods and Sugary Sweets:** Cookies, cakes, pastries
- Lactose Products: Cow's milk. cheese, cream
- Greasy, Fried or Spicy Foods: Butter, sriracha, chili powder
- Caffeine and Alcohol









FREQUENTLY ASKED QUESTIONS (FAQS)

Can diet alone manage IBD?

Diet plays a crucial role in managing IBD and can significantly help reduce symptoms. However, for those looking for greater relief or long-term control, consult our expert gastroenterologists who can recommend tailored medical treatments and management strategies to work alongside your diet.

Should I avoid all fiber?

Not all fiber is the same. While high-fiber foods like raw vegetables may aggravate your symptoms, cooked or blended options are often more tolerable.

Is coffee or alcohol safe to drink?

It depends on the individual. Coffee and alcohol can both irritate the digestive tract, especially during active flares, so consumption should be monitored.

Do probiotics help with IBD?

Some IBD patients find probiotics beneficial to gut health, but it's recommended to consult with your healthcare provider before starting new supplements.

