

FOODS TO INCLUDE

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 digestibility



FOODS TO AVOID OR LIMIT

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, low-residue foods.

- **Soft, Bland Foods:**
White pasta, potatoes, bread
- **Low-Fiber Fruits:**
Bananas, cantaloupe
- **Fully Cooked, Skinless Vegetables:**
Squash, 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.

For reliable resources and support, scan the QR code to visit Crohn's & Colitis Foundation:

