

## eating out with crohn's disease or ulcerative colitis

You may feel like you can't go out to eat when you have Crohn's disease or ulcerative colitis, but with a little planning ahead, and using some new strategies, you can dine out with confidence.

**Set yourself up for success by following these simple tips and techniques:**

Do This	Not That
<ul style="list-style-type: none"><li>• Check out the menu online before you go to a restaurant and determine items that may not aggravate your symptoms.</li><li>• Order water or herbal tea.</li><li>• Ask questions and make special requests. You're the only one who knows how foods affect you, ask the waiter about ingredients, how foods are prepared and if they can accommodate changes.</li><li>• Eat smaller portions – ask if lunch portions are available, order off the kid's menu, or ask the kitchen to box up half of your meal before it is even brought to the table.</li><li>• Know where restrooms are located and sit where you can be excused easily.</li><li>• Keep an emergency kit handy – include items like toilet paper, hand sanitizer, or even an extra pair of underwear.</li></ul>	<ul style="list-style-type: none"><li>• Avoid foods that are spicy, have a lot of sauce or contain ingredients that may trigger your symptoms.</li><li>• Avoid beverages that contain caffeine, excess sugar, or alcohol.</li><li>• Don't arrive too hungry! You may not make the smartest food decision if you are very hungry.</li></ul>