

## eat this, not that

### Crohn's disease and ulcerative colitis

\* Contains gluten | ∞ Contains lactose

Group	Eat This	Not That
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Canned, soft, pureed or well-cooked fruits</li> <li>• Fruit juice, without pulp</li> <li>• Easily digested fruits (applesauce, melons, ripe bananas)</li> <li>• Peeled apple</li> <li>• Tropical fruits, such as mango, papaya, and pineapple, if well tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Canned cherries</li> <li>• Dried fruit, including raisins</li> <li>• Fruits with added sugar</li> <li>• Fruit juice with pulp</li> <li>• Prune juice</li> <li>• Fruit skin</li> <li>• Fruits with higher fiber content (oranges, pears)</li> <li>• Fruits with small seeds (blackberries, strawberries, kiwi)</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Easily digested vegetables, cooked and/or without skin (asparagus tips, white and sweet potatoes, avocado, carrots, green beans, mushrooms, summer squash, zucchini)</li> <li>• Cooked, pureed vegetables</li> <li>• Canned vegetables</li> <li>• Vegetable stock</li> <li>• Vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables that are gas-producing (broccoli, cabbage, onions, Brussels sprouts)</li> <li>• Vegetables that have tough skin (cucumbers)</li> <li>• High-fiber vegetables (peas, corn, beans, lentils)</li> <li>• Raw, leafy greens</li> </ul>
<b>Grains/Starches</b>	<ul style="list-style-type: none"> <li>• Refined white flour products* (bread, bagels, rolls, crackers, cereals, pasta)</li> <li>• Cream of Wheat®*</li> <li>• Grits (fine-ground)</li> <li>• Oatmeal, potato, French, sourdough breads*</li> <li>• White rice</li> <li>• Cold and hot cereals made from white or refined flour*</li> <li>• Flour tortillas*</li> <li>• Waffles and pancakes*</li> <li>• Quick oats</li> <li>• Polenta</li> <li>• English muffins*</li> <li>• Saltine crackers*</li> <li>• Rice crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Grains with seeds and nuts</li> <li>• Whole grain bread*</li> <li>• Brown rice</li> <li>• Whole wheat pasta*</li> <li>• Whole grain and high-fiber cereals*</li> <li>• Whole grain crackers*</li> <li>• Popcorn</li> <li>• Gluten containing foods, if gluten intolerant</li> </ul>
<b>Protein</b>	<ul style="list-style-type: none"> <li>• Lean, tender protein sources (beef, fish, poultry, eggs)</li> <li>• Smooth nut/seed butters (peanut, almond, cashew, sunflower seed)</li> <li>• Tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Whole seeds and nuts</li> <li>• Dried beans</li> <li>• Tough, high-fat, or processed meats</li> <li>• Fried meats</li> <li>• Spicy meats (sausage)</li> <li>• Chunky nut butters</li> </ul>

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<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Low-fat or skim milk ∞ (if well tolerated)</li> <li>• Lactose-free milk</li> <li>• Low-fat or fat-free yogurt ∞ (if well tolerated)</li> <li>• Hard cheeses (cheddar, Swiss, parmesan)</li> <li>• Cottage cheese ∞</li> <li>• Kefir ∞</li> <li>• Plant-based milk alternatives (soy, nut, rice)</li> <li>• Plant-based yogurt alternatives</li> </ul>	<ul style="list-style-type: none"> <li>• Full-fat dairy products ∞               <ul style="list-style-type: none"> <li>• Cream ∞</li> <li>• Half-and-half ∞</li> <li>• Sour cream ∞</li> <li>• Ice cream ∞</li> </ul> </li> <li>• Lactose containing foods, if lactose intolerant</li> <li>• Butter</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Distilled, bottled or city water</li> <li>• Homemade juices, if consumed within 2 hours of juicing</li> <li>• Tea made with boiling water and commercial tea bags</li> <li>• Instant, brewed or cold brew coffee made with boiling water</li> </ul>	<ul style="list-style-type: none"> <li>• Caffeinated beverages</li> <li>• Ice cold drinks</li> <li>• Sugar sweetened beverages</li> <li>• Alcohol</li> <li>• Sugary juices</li> <li>• Carbonated beverages</li> </ul>