

general nutrition recommendations

Crohn's disease and ulcerative colitis

A healthy, balanced diet is important for everyone, but when you're experiencing a symptom flare-up your food choices may need to be a little different than what you normally eat. There is no one diet that is best for those with Crohn's disease or ulcerative colitis, but below you will find some ideas for managing your flare.

- Eat small, "fist-sized" meals or snacks every 3-4 hours
- Stay away from greasy or fried food
- Eat in a relaxed atmosphere
- Drink a lot of fluids - aim for at least eight cups of water per day
- Limit foods with insoluble fiber (nuts, seeds, beans, green leafy vegetables, fruit with skins, and wheat bran)
- When you don't have symptoms, include more fruits, vegetables, and whole grains in your diet. Start new foods slowly and in small amounts.
- Trigger foods vary from person to person. See list below for common trigger foods.

Common Trigger Foods
Common food allergens (eggs, milk, peanuts, tree nuts, wheat, soy, fish, and shellfish)
Insoluble fiber (seeds, beans, nuts, green leafy vegetables, fruit with skins, and wheat bran)
Lactose (milk sugar)
Fatty or greasy foods
Spicy foods
Gluten (primarily found in foods made with wheat, rye, and barley)
Sugar alcohols (often found in products labeled as "sugar free", "no sugar added", or "diet")
FODMAPS (Naturally occurring sugars that are hard for your body to break down)