

key nutrients

Crohn's disease and ulcerative colitis

Having Crohn's disease or ulcerative colitis puts you at risk for becoming low in certain nutrients, which may cause health problems. Below are nutrients commonly low in those with Crohn's disease or ulcerative colitis, and their food sources, to eat to stay nourished.

Vitamin B12	
Best Sources Include:	
Eggs	Fish
Low-Fat Dairy	Shellfish
Meat	Poultry

Vitamin D	
Best Sources Include:	
Fortified dairy	Fortified Orange Juice
Fortified Soy Beverages	
Fortified Rice Beverages	
Eggs (yolk)	Salmon

Vitamin A
Best Sources Include:
Liver
Dairy Products
Sweet Potato - Cooked & Peeled
Canned Pumpkin
Carrot Juice
Butternut Squash, Cooked & Peeled
Vegetable Juice (No Pulp)

Magnesium
Best Sources Include:
Smooth, Nut or Seed Butter
Quick, Rolled Oats
Fish
Instant Oatmeal

Calcium	
Best Sources Include:	
Low-Fat Dairy	Milk Alternatives
Fortified Orange Juice	

Protein
Best Sources Include:
Eggs
Low-Fat Dairy
Fish
Tofu
Poultry
Lean Meat
Smooth Nut Butters

Iron	
Best Sources Include:	
Meat	Cooked Spinach
Fish	Tomato Puree
Poultry	Cereal, Oatmeal

Folate
Best Sources Include:
Enriched Flour
Enriched Pasta
Cereals
Cornmeal Products
Breads, Pasta

Calories
Best Sources Include:
Protein Rich Foods
Low-Fat Dairy
Fats and Oils
Smooth Nut Butters

Fluids
Best Sources Include:
Water
100% Fruit Juice with Water Added
Low-Sugar Sports Beverages
Caffeine-Free Tea

Electrolytes
Best Sources Include:
Low-Sugar Sports Drinks
Electrolyte Enriched Beverages (Pedialyte®)

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- 1 Vitamin B12**

Vitamin B12 is absorbed in the ileum of the small intestine. A flare in the small intestines can make it challenging for the body to fully absorb vitamin B12.
- 2 Vitamin D**

Vitamin D is important to bone health. Maintaining adequate levels of vitamin D may help minimize symptoms of IBD. Certain medications may decrease the absorption of vitamin D.
- 3 Calcium**

Calcium is important for bone health and reducing the risk of osteoporosis. Certain medications can reduce the absorption of calcium in the body.
- 4 Vitamin A, D, E, K**

Fat soluble vitamins (A, D, E and K) are absorbed in the small intestine. During a flare, those with crohn's disease may be at an increased risk of malabsorption of these vitamins. If a portion of the small intestine has been surgically removed, absorption of fat-soluble vitamins may also be compromised.
- 5 Magnesium**

Magnesium levels can become low in crohn's disease and ulcerative colitis from chronic diarrhea, vomiting, and inflammation of the intestines.
- 6 Iron**

Those with Crohn's disease can often experience low-iron levels during a flare in the small intestine, where iron is absorbed. Those with ulcerative colitis can also experience low-iron from excessive blood loss.
- 7 Folic Acid**

Certain medications can interfere with the absorption of folic acid.
- 8 Protein**

During a flare, post-surgery, or with steroid use, protein needs often become elevated.
- 9 Calories**

During a flare, or following surgery, caloric needs often become elevated.

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- 10 Fluids**
Hydration requirements may increase during a flare. It's also important to follow a proper hydration routine during remission.

- 11 Electrolytes**
During severe diarrhea electrolytes can become depleted or unbalanced.

- 12 Omega-3 Fatty Acids**
Omega-3 fatty acids may provide beneficial nutrients to help reduce inflammation during a flare and while in remission.