

## reading a food label: flare

Crohn's disease and ulcerative colitis

<b>Nutrition Facts</b>	
about 6 servings per container	
Serving size	1 cup (140g)
Amount per serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>2</b> Total Fat 8g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
Cholesterol 0mg	<b>0%</b>
Sodium 5mg	<b>0%</b>
Total Carbohydrate 22g	<b>8%</b>
<b>3</b> Dietary Fiber 2g	<b>7%</b>
<b>4</b> Total Sugars 16g	<b>10%</b>
Includes 8g Added Sugars	
<b>5</b> Protein 2g	
Vitamin D 0mcg	<b>0%</b>
<b>6</b> Calcium 20mg	<b>2%</b>
<b>7</b> Iron 1mg	<b>6%</b>
Potassium 240mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

### 1 Calories

You may feel like you don't want to eat during a flare, but if you find you're losing weight, try adding 250-500 more calories daily.

### 2 Total Fat

Avoid high fat or greasy foods. These types of foods can make symptoms worse.

### 3 Fiber

Fiber, especially insoluble fiber, can make symptoms worse. During a flare, choose low-fiber foods (<2g/serving).

### 4 Sugars

Limit your added sugar intake to 24-36g/day. Too much sugar can often increase symptoms.

### 5 Protein

Protein is very important for healing. During a flare you may need to increase the amount of protein you eat.

### 6 Calcium & Vitamin D

Calcium is especially important for those with Crohn's disease or ulcerative colitis. Certain medications, and a diet low in dairy can make it hard to get enough of these nutrients. Aim for three servings of vitamin D fortified, calcium-rich foods daily.

### 7 Iron

If you are experiencing blood loss, try to increase the amount of iron in your diet.