

Crohn's Disease and Ulcerative Colitis

nutrition tool kit

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about crohn's disease and ulcerative colitis

Living with a chronic condition, like Crohn's disease or ulcerative colitis, can be challenging, especially when it affects day-to-day life. To help you, our team of registered dietitians has created this resource filled with tools, tips and recipes.

For more information on the role of nutrition in managing crohn's disease or ulcerative colitis, please check out our website. You'll find numerous downloads including general nutrition recommendations, key nutrients, tips for shopping on a budget and more!

Our dietitian-tested recipe section includes:

- Food substitutions based on common food allergens and intolerances
- Helpful nourishment notes calling out the benefits of certain foods for crohn's disease and ulcerative colitis
- Downloadable recipes

And don't miss the ***Empower Your Well-Being*** section focusing on sleep, stress management and movement.

Find all of this and more at meijerspecialtypharmacy.com

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flare-friendly shopping list

Crohn's disease and ulcerative colitis

Navigating the grocery aisles may seem overwhelming, especially during a flare, but we're here to help! Below you'll find some flare-friendly foods, no matter what section you're shopping in.

Produce
Fruit
Avocado
Cantaloupe
Honeydew Melon
Mango
Papaya
Ripe Bananas
Watermelon
Vegetables
Asparagus
Carrots
Green Beans
Summer Squash
Sweet Potatoes
White Potatoes
Zucchini

Frozen Foods (without added sauces, additives, or breading)
Frozen Boneless, Skinless Chicken Breasts
Frozen Fish (fillets, shellfish)
Frozen Fruit (no-added sugar)
Frozen Vegetables (no added salt)

Dairy
Hard Cheese (cheddar, Parmesan)
Lactose-Free Milk
Low-Fat Greek Yogurt
Low-Fat Milk
Plant-Based Cheese (nut varieties, soy)
Plant-Based Milk Alternatives (soy, nut, rice)
Plant-Based Yogurt (almond, coconut, soy)

Lean Protein
Eggs
Fish: mackerel, herring, salmon, shellfish, tuna
Peanut Butter Powder
Pork Tenderloin
Smooth Nut Butters (almond, cashew, peanut)
Smooth Seed Butters (sunflower, tahini)
White Meat Poultry: chicken, turkey

Oils, Spreads and Sauces
Fruit Butters (apple, pear, pumpkin)
Plant-Based Buttery Spreads
Plant-Based Oils (canola, grape seed, olive oil, walnut)

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flare-friendly shopping list

Crohn's disease and ulcerative colitis

Grains & Starches
Cream of Wheat®
Flour Tortillas
Gluten-Free Bread (not whole grain)
Low-Fiber Cereal, <1g/serving (Corn Flakes®, Rice Krispies®, Special K®)
Pancakes (not whole grain)
Polenta
Waffles (not whole grain)
White Bagels
White Bread (French, potato, sourdough, etc.)
White English Muffin
White Pasta
White Pita Bread
White Pasta
Quick Oats

Canned Goods
Canned Chicken (packed in water)
Canned Peaches or Pears (packed in 100% juice or water)
Canned Vegetables (no added salt)
Canned Salmon (packed in water or olive oil)
Canned Tuna (packed in water or olive oil)
Low-Sodium Broth (beef, bone, chicken, vegetable)
Low-Sodium Vegetable-Based Soups (butternut squash, tomato, etc.)

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foods to stock your pantry

Crohn's disease and ulcerative colitis

Give your eating habits a fresh start by stocking the pantry with symptom-friendly foods. Foods on this list can be eaten now, but also have a long shelf life so you can be prepared if a fare-up suddenly hits.

Grains
Cream of Wheat®
Gluten-Free Bread
Gluten-Free Pasta
Plain Crackers
Plain, Low-Sugar Cereals (Kix®, Rice Krispies®, Rice Chex®, Cheerios®, Special K®)
Quick, Rolled Oats
White Pasta
White Rice

Fruits
Applesauce without skins
Canned Fruit (packed in 100% juice or water)
Fruit Cups (packed in 100% juice or water)

Liquid/Beverages
Caffeine-Free Tea
Decaf Coffee
100% Fruit Juice (no pulp)
Low-Sugar Sports Beverages
Shelf-Stable Milk Alternatives
Water

Herbs & Spices (powder form)	
Basil	Onion
Cinnamon	Oregano
Garlic	Rosemary
Italian Seasoning	Turmeric

Vegetables
Canned, Reduced Sodium Vegetables (carrots, green beans, potatoes)
Potatoes
Pasta Sauce
Vegetable Stock
Vegetable Juice (without pulp)

Protein
Beef Stock (low-sodium)
Chicken (cans or pouches)
Chicken Stock (low-sodium)
Peanut Butter Powder
Salmon (cans or pouches)
Tuna (cans or pouches)
Smooth Nut Butters (almond, cashew, peanut)
Smooth Seed Butters (sunflower, tahini)

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eat this, not that

Crohn's disease and ulcerative colitis

* Contains gluten | ∞ Contains lactose

Group	Eat This	Not That
Fruits	• Canned, soft, pureed or well-cooked fruits • Fruit juice, without pulp • Easily digested fruits (applesauce, melons, ripe bananas) • Peeled apple • Tropical fruits, such as mango, papaya, and pineapple, if well tolerated	• Canned cherries • Dried fruit, including raisins • Fruits with added sugar • Fruit juice with pulp • Prune juice • Fruit skin • Fruits with higher fiber content (oranges, pears) • Fruits with small seeds (blackberries, strawberries, kiwi)
Vegetables	• Easily digested vegetables, cooked and/or without skin (asparagus tips, white and sweet potatoes, avocado, carrots, green beans, mushrooms, summer squash, zucchini) • Cooked, pureed vegetables • Canned vegetables • Vegetable stock • Vegetable juice	• Vegetables that are gas-producing (broccoli, cabbage, onions, Brussels sprouts) • Vegetables that have tough skin (cucumbers) • High-fiber vegetables (peas, corn, beans, lentils) • Raw, leafy greens
Grains/Starches	• Refined white flour products* (bread, bagels, rolls, crackers, cereals, pasta) • Cream of Wheat®* • Grits (fine-ground) • Oatmeal, potato, French, sourdough breads* • White rice • Cold and hot cereals made from white or refined flour* • Flour tortillas* • Waffles and pancakes* • Quick oats • Polenta • English muffins* • Saltine crackers* • Rice crackers	• Grains with seeds and nuts • Whole grain bread* • Brown rice • Whole wheat pasta* • Whole grain and high-fiber cereals* • Whole grain crackers* • Popcorn • Gluten containing foods, if gluten intolerant
Protein	• Lean, tender protein sources (beef, fish, poultry, eggs) • Smooth nut/seed butters (peanut, almond, cashew, sunflower seed) • Tofu	• Whole seeds and nuts • Dried beans • Tough, high-fat, or processed meats • Fried meats • Spicy meats (sausage) • Chunky nut butters

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eat this, not that

Crohn's disease and ulcerative colitis

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Group	Eat This	Not That

Dairy	• Low-fat or skim milk ∞ (if well tolerated)
	• Lactose-free milk
	• Low-fat or fat-free yogurt ∞ (if well tolerated)
	• Hard cheeses (cheddar, Swiss, parmesan)
	• Cottage cheese ∞
	• Kefir ∞
	• Plant-based milk alternatives (soy, nut, rice)
	• Plant-based yogurt alternatives
		• Full-fat dairy products ∞
		  • Cream ∞
		  • Half-and-half ∞
		  • Sour cream ∞
		  • Ice cream ∞
		• Lactose containing foods, if lactose intolerant
		• Butter

Beverages	• Distilled, bottled or city water • Homemade juices, if consumed within 2 hours of juicing • Tea made with boiling water and commercial tea bags • Instant, brewed or cold brew coffee made with boiling water	• Caffeinated beverages • Ice cold drinks • Sugar sweetened beverages • Alcohol • Sugary juices • Carbonated beverages

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food and symptom tracker

Date & Time	Food Eaten	Symptoms	Well-Being

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Side | Lunch | Dinner

Roasted Asparagus Soup



30 Mins	25 Mins	4-6
Prep Time	Cook Time	Servings

256 Calories 16g Fat 21g Carbs 5g Protein

Ingredients

4-6 Servings 55 Mins Total Time Allergens: Nuts

- 1 lb Asparagus Tips
- ¼ Cup Extra Virgin Olive Oil
- Salt, to taste
- Pepper, to taste (if tolerable)
- 2 Shallots, thinly sliced (if tolerable)
- 1 Clove Garlic, minced (if tolerable)
- 1 (15oz) Can Diced Potatoes, rinsed and drained
- 3 Cups Vegetable Broth (we used 3 cups water mixed with 1 Tbsp vegetable bouillon)
- 1 Cup Plain Almond Milk, more if necessary
- Ground Nutmeg, for garnish

Allergen Swap

Nuts Replace the almond milk with a nut-free milk such as cow's milk.

Nourishment Note



Creamy Soup
Roasting the asparagus and blending all ingredients may be more tolerable for most people while experiencing a flare.



Asparagus
Asparagus tips are better tolerated than the full asparagus stalk. Asparagus contains folate a nutrient that can become low during flares with crohn's and ulcerative colitis.

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Instructions

1. Wash Hands
Wash hands with soap and water.

2. Preheat Oven
Preheat oven to 350°F.

3. Roast Asparagus
Place asparagus tips on baking sheet. Drizzle with 2 Tbsp olive oil and sprinkle with salt and pepper. Toss to combine. Roast in the oven for 30 minutes, tossing half-way through, or until asparagus is lightly browned.

4. Remove From Oven
Carefully remove from oven and set aside.

5. Sauté Shallots & Garlic
Heat 2 Tbsp olive oil in a large pot over medium-high heat. Add shallots and sauté until fragrant, about 2 to 3 minutes. Add garlic and mix to combine.

6. Simmer Potatoes, Asparagus & Broth
Add potatoes, roasted asparagus and vegetable broth. Bring to a boil, then cover with a lid and turn heat down to a simmer. Simmer for 20 minutes.

7. Blend Soup
Carefully transfer soup contents to a blender. Cover the top of the blender with a towel to allow the steam to escape. Leaving the lid on completely may cause it to pop off from the steam.

8. Season & Serve
Pour soup back into pot to keep warm. Add additional salt and pepper, if necessary. Serve with a sprinkle of ground nutmeg.

9. Wash Hands
Wash hands with soap and water.

What You'll Need

- Baking Sheet
- Spatula
- Oven Mitts
- Cutting Board
- Knife
- Measuring Cups
- Measuring Spoons
- Large Pot with Lid
- Mixing Spoon
- Blender or Food Processor
- Kitchen Towel

Remission Remix

- Roast the entire asparagus spear, not just the tips. This will provide additional beneficial fiber to the dish.

Recipe created by Meijer Specialty Pharmacy Registered Dietitians

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Dinner

Balsamic Herb Mushroom Stroganoff



15 Mins	15 Mins	6
Prep Time	Cook Time	Servings

335 Calories | 14g Fat | 37g Carbs | 9g Protein

Ingredients

6 Servings | 30 Mins Total Time

Allergens: Gluten, Fish

- 8 oz. Egg Noodles, uncooked
- 2 Tbsp Extra Virgin Olive Oil
- 4 Cups Mixed Mushrooms, sliced
- ½ Tsp Onion Powder
- Salt and Pepper, to taste
- 2 Tbsp Unsalted Butter
- 1 Tsp Garlic Powder
- 2 Tbsp Fresh Thyme Leaves
- 1 Tbsp Fresh Sage, chopped
- 2 Tbsp Flour
- 1 Cup Low-Sodium Chicken Broth
- 1 Cup Dry White Wine (cooking wine or additional broth can also be used)
- 1 Tbsp Worcestershire Sauce
- 1 Tbsp Balsamic Vinegar
- ½ Cup Canned Coconut Milk

Nourishment Note



Refined Grains

Refined grains, like white bread, crackers, pasta and noodles, have less fermentable fiber and may be better tolerated by someone experiencing a flare.



Mushrooms

Mushrooms, particularly cooked mushrooms, are often well tolerated by someone experiencing a flare. Mushrooms are an excellent source of selenium. Selenium is a powerful antioxidant that helps to support the immune system and protects cells in the body from harm.

Allergen Swap

Gluten Use gluten-free noodles and flour; Look for gluten-free Worcestershire sauce.

Fish Look for a Worcestershire sauce that does not include fish sauce or anchovies.

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Instructions

1. Wash Hands
Wash hands with soap and water.

2. Cook Noodles
Cook noodles according to package direction. Drain and set aside.

3. Cook Mushrooms
While noodles are cooking, heat oil in a large skillet on high heat. Add the mushrooms, onion powder and a pinch each of salt and pepper. Cook undisturbed for 5 minutes or until mushrooms are golden. Reduce heat to medium.

4. Add Butter & Spices
Add the butter, garlic powder, thyme and sage. Cook, stirring occasionally, for an additional 2-3 minutes. Remove half the mushrooms from the skillet to a plate and set aside.

5. Add Flour & Liquid Ingredients
Sprinkle the flour over the remaining mushrooms in the skillet and cook, stirring frequently, for another minute. Slowly pour in the chicken broth, wine, Worcestershire sauce, balsamic vinegar and season with an additional pinch of salt and pepper.

6. Bring to Boil
Bring sauce to a boil, then reduce heat to medium and allow to simmer for 5 minutes or until the sauce has thickened slightly. Stir in the coconut milk and cook for an additional 2-3 minutes.

7. Add Reserved Mushrooms
Add the reserved mushrooms to the skillet, tossing to combine.

8. Plate & Enjoy
Plate the noodles and top with the stroganoff. Enjoy!

9. Wash Hands
Wash hands with soap and water.

Recipe adapted from: halfbakedharvest.com

What You'll Need


Large Pot


Spoons (2)


Colander


Cutting Board


Knife


Large Skillet


Measuring Cups


Measuring Spoons


Plate

Remission Remix

- Serve stroganoff over whole grain pasta or brown rice instead of egg noodles.

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Breakfast | Lunch | Snack

Mango Smoothie



5 Mins	0 Mins	2
Prep Time	Cook Time	Servings

396 Calories | 21g Fat | 54g Carbs | 3g Protein

Ingredients

2 Servings | 5 Mins Total Time | Allergens: FODMAPs

- 3 Cups Frozen Mango
- ½ Cup Orange Juice, pulp-free
- 1 Raw Carrot, peeled and thinly sliced
- 1¼ Cup Low-Fat Coconut Milk (about 1 can)
- 1 Tsp Turmeric
- 1 Tsp Ginger Paste
- 1-2 Grinds of Freshly Cracked Black Pepper, optional
- 1 Tsp Vanilla Extract

Allergen Swap

FODMAPs There is not a fruit replacement for mango

Nourishment Note



Mango

Peeled mango is an excellent source of vitamin C. Vitamin C helps your body more easily fight infections.



Carrots

Carrots contain vitamin A and potassium. Vitamin A is important for strengthening the immune system and building healthy cells, and potassium is a key nutrient that can be low as a result of a flare.



Turmeric

Turmeric is a spice that contains high amounts of antioxidants. Antioxidants may help to prevent body cell damage during a flare-up.



Ginger

Ginger is a great spice to use in recipes not only for its flavor, but it also may help reduce inflammation and minimize stomach pain or nausea.

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Instructions

1. Wash Hands
Wash hands with soap and water.

2. Prepare Smoothie
Add the ingredients to the blender, blend on medium-high speed until smooth and creamy. Add more liquid if the mixture is too thick.

3. Serve & Enjoy
Pour mixture into two serving glasses. Serve and enjoy!

4. Wash Hands
Wash hands with soap and water.

Recipe adapted from: rachaelhartleynutrition.com

What You'll Need


Blender


Measuring Cup


Measuring Spoons


Can Opener


Vegetable Peeler


Knife


Cutting Board

Remission Remix

- Replace the pulp-free orange juice with regular orange juice.
- When energy levels are high, prep solid ingredients in a freezer-safe bag to have on hand when you're not feeling your best. When ready for a nourishing treat, simply add to a blender with the liquid.

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Breakfast | Snack

Cinnamon Apple Bars



15 Mins	30 Mins	12
Prep Time	Cook Time	Servings

140 Calories | 2g Fat | 31g Carbs | 3g Protein

Ingredients

4 Servings | 45 Mins Total Time | Allergens: Nuts, Eggs, Gluten

- 2½ Cups Old Fashioned Oats, divided
- 2 Tsp Cinnamon
- ½ Tsp Baking Powder
- ¼ Tsp Salt
- 1 Egg
- ¾ Cup Unsweetened Apple Sauce
- 2 Tsp Vanilla Extract
- ¾ Cup Unsweetened Vanilla Almond Milk
- ½ Cup Honey
- 1 Medium Apple, skin removed and grated

Allergen Swap

Nuts Replace almond milk with cow's milk or a non-dairy milk alternative (soy milk, etc.)

Eggs There is no egg replacer that is suitable for a Crohn's disease or ulcerative colitis flare

Gluten Oats are naturally gluten-free but may be crossed with gluten during processing. Look for 'certified gluten-free' for those with celiac disease

Nourishment Note



Oats

Oat flour provides a gluten-free source of soluble fiber, an important nutrient for gut health. It also slows digestion, minimizing bathroom trips.

Remission Remix



Apples

Peeled apples provide healthy, easy-to-digest soluble fiber, important for gut health.

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Instructions

1. Wash Hands
Wash hands with soap and water.

2. Preheat Oven
Coat an 8x8 inch baking dish with cooking spray and set aside. Preheat oven to 350°F.

3. Blend Oats
In a blender, place 1 cup of old-fashioned oats and blend until the oats turn to a flour-like consistency. Pour into a mixing bowl and add the additional 1 ½ cups oats, cinnamon, baking powder, and salt. Stir to combine.

4. Mix Ingredients
In a separate bowl, whisk together the egg, applesauce, vanilla, almond milk, and honey.

5. Mix Wet and Dry Ingredients
Mix the wet ingredients into the bowl with the dry ingredients and stir well.

6. Add Apples and Bake
Fold in the grated apple. Pour mixture into the prepared baking dish and bake for approximately 30 minutes, or until a toothpick inserted in the middle comes out clean.

7. Cool, Serve and Enjoy
Allow to cool; cut into bars and serve.

8. Wash Hands
Wash hands with soap and water.

Recipe adapted from superhealthykids.com

What You'll Need


8x8 Inch Baking Dish


Cooking Spay


Blender


Bowls (2)


Spoon


Whisk


Measuring Cups


Measuring Spoons


Knife


Box Grater

Remission Remix

- When energy levels are high, make a double batch and freeze. Bars will keep in the freezer for 1 month.

we're here for you

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