

snack ideas

Crohn's disease and ulcerative colitis

Planning meals is important for managing Crohn's disease and ulcerative colitis, but what about snacks? Eating a small meal every 3-4 hours may help lessen symptoms. Plan for several smart snacks throughout the day to keep you fueled, and provide adequate calories and nutrition. Package snacks and small meals into plastic bags or containers for easy eating at work or on the go. Here are a few ideas to get you started.

1 **Fruit & Toast**

Spread 1 tablespoon low-sugar fruit preserves on 1 slice white toast.

2 **Honey & Yogurt**

Stir 2 teaspoons honey into ½ cup low-fat plain Greek yogurt or milk alternative yogurt.

3 **Vegetable or Fruit Juice**

Try a low-sodium tomato or vegetable juice, or no-sugar-added fruit juice, diluted with water.

4 **Cottage Cheese & Tomatoes**

Stir 6 halved cherry tomatoes into ½ cup of low-fat cottage cheese.

5 **Fruit & Cheese**

Enjoy a serving of canned peaches or pears with a low-fat mozzarella stick.

6 **Turkey & Avocado Roll-Up**

Wrap a slice of all-natural deli turkey around ½ avocado, sliced.

7 **Banana & Peanut Butter**

Spread a ripe banana with 2 tablespoons smooth, natural peanut butter.

8 **Quick Scramble**

Fold ½ cup cooked, diced vegetables (mushrooms, red pepper and zucchini) into 1 lightly scrambled egg.

9 **Rice Cakes & Fruit Butter**

Spread 2 plain rice cakes with 2 tablespoons apple, pear, or pumpkin butter.

10 **Cereal & Milk**

Choose an enriched, gluten-free cereal, like corn flakes or puffed rice, and ½ cup low-fat milk, or milk alternative.