

popular diets

Crohn's disease & ulcerative colitis

Managing Crohn's disease and ulcerative colitis symptoms is important for living your best life. Symptom management often begins with adjusting your diet. There is no one diet that will prevent or cure IBD, however there are some eating patterns that may make managing Crohn's disease or ulcerative colitis more manageable. Below are some of the most widely recognized diets recommended for the IBD community. Before starting any diet plan, talk with your doctor or a registered dietitian. For more information on eating well with Crohn's disease or ulcerative colitis, check out the General Nutrition Recommendations resource.

Diet	Details
<p>Specific Carbohydrate Diet (SCD)</p>	<ul style="list-style-type: none"> • The SCD limits carbohydrates that are not easily digested to reduce GI symptoms, like gas, cramps, and diarrhea. • The diet is primarily made up of meat, vegetables, oils, and honey. • The SCD excludes grains, fruit, most legumes and most dairy products.
<p>Low FODMAP Diet</p>	<ul style="list-style-type: none"> • The Low FODMAP diet is an elimination diet limiting certain types of carbohydrates. These carbohydrates include fructose, oligosaccharides, disaccharides, monosaccharides, and polyols (FODMAP). • Examples of high FODMAP foods include dairy products, certain fruits and vegetables, some grains, and many types of sweeteners. • This diet is usually completed in phases where low FODMAP foods are eaten for 4-6 weeks and then higher FODMAP foods are slowly introduced back into the diet to look for possible reactions. • For more information on the Low FODMAP diet, click here.
<p>The Maker's Diet</p>	<ul style="list-style-type: none"> • The Maker's Diet focuses on a diet that is unprocessed, unrefined, and untreated with pesticides or hormones. • This diet also stresses the importance of total health, including physical, mental, spiritual, and emotional health.
<p>Flare-Modified Diet</p>	<ul style="list-style-type: none"> • This simply refers to the diet changes that may be necessary when a flare occurs, for example following a diet that is low in fiber, lactose, fat or any other individual foods that may trigger symptoms.