

ADULT DIET GUIDE

INFLAMMATORY BOWEL DISEASE (IBD)

Improving your symptoms during a flare-up

This list is not exhaustive and is provided for information only. It can be modified depending on your medical condition and your doctor's or nutritionist's advice. Ask them for a personalized assessment, if needed. Symptoms vary from one individual to another. Some examples are abdominal pain, bloating, diarrhea, and fatigue.



Dietary choices always depend on the individual patient's food TOLERANCES.

FOODS BETTER TOLERATED (options during flare-ups)	FOODS LESS TOLERATED (avoid during flare-ups)
<p>Bread and Low-Fibre Cereal (made with bleached flour)</p> <ul style="list-style-type: none"> • White bread, white bagels • Cereals such as Rice Krispies®, Corn Flakes®, Special K® • Quick oatmeal • Pasta made with bleached flour • White rice • Rusks, soda crackers, Melba toast • Puffed rice 	<p>High-Fibre Bread and Cereal (whole grain)</p> <ul style="list-style-type: none"> • Bread (whole wheat, rye, multigrain, with added seeds) • Cereals such as All-Bran®, Raisin Bran®, and Shreddies®; cereals such as granola that contain nuts (almonds), dried fruit, or seeds • Old-fashioned oatmeal • Whole-wheat pasta • Brown rice, wild rice • Cookies containing nuts, dried fruit, or coconut • Popcorn 
<p>Fruit WITHOUT Peel, Pulp, or Seeds</p> <ul style="list-style-type: none"> • Canned peaches and pears • Cooked apples or applesauce • Bananas • Avocado • Any juice without pulp • Fruit jelly instead of jam 	<p>UNPEELED Fruit</p> <ul style="list-style-type: none"> • All dried or candied fruit (dates, prunes, figs) • All berries (strawberries, raspberries, blackberries, cranberries, blueberries, cherries, grapes) • Juice with pulp, prune juice • Fruit jam
<p>Cooked or Canned Vegetables without Peel, Pulp, or Seeds</p> <ul style="list-style-type: none"> • Cooked carrots • Cooked beets • Peeled potatoes and sweet potatoes • Eggplant, squash, and zucchini • Cooked asparagus tips • Tomatoes, canned or peeled and seeded • Plain tomato or vegetable juice 	<p>Vegetables WITH Peel or Pulp</p> <ul style="list-style-type: none"> • All raw vegetables • Spinach • All vegetables in the cabbage family (cauliflower, Brussels sprouts, kohlrabi) • Turnips • Green and yellow wax beans, green peas, corn • Broccoli, celery, bell peppers • Onions, garlic
<p>Dairy Products</p> <ul style="list-style-type: none"> • Milk, sour cream • Cheese • Pudding • Yogurt or ice cream without fruit or nuts 	<p>Dairy Products</p> <ul style="list-style-type: none"> • Dairy products with nuts or berries containing seeds (e.g., strawberries, raspberries, blueberries, blackberries) • Spicy cheese with nuts, garlic, or fruit 
<p>If you are lactose intolerant, opt for lactose-free milk and yogurt, Greek yogurt, cheese (except for fresh cheese), and alternative beverages (e.g., soy or almond).</p>	
<p>Meats and Alternatives</p> <ul style="list-style-type: none"> • All tender meats (beef, veal, pork, ham, offal) • Skinless poultry (turkey, chicken) • Cooked fish and shellfish with little seasoning • Eggs • Tofu or soy milk • Creamy peanut butter 	<p>Meats and Alternatives</p> <ul style="list-style-type: none"> • Deli and fried meats • Spicy or marinated poultry • Marinated or spicy fish or seafood • Legumes (baked beans, lentils, chick peas) • Crunchy peanut butter • All nuts and seeds (flax, sunflower, sesame) 

As an additional measure of caution, immunocompromised patients must avoid unpasteurized dairy products and uncooked meat, eggs, and fish.

5 QUESTIONS AND ANSWERS ABOUT DIET



During an active phase of the disease (flare-up), you might not feel hungry. You might have increased pain when you eat, feel tired, or lose weight. In addition, the food you eat might not be absorbed as well due to intestinal lesions.

Did you know that... there is no lifelong diet for people with IBD?

1. Did food cause my IBD?

No food or food group has been identified as the cause of the disease.

2. Can diet control my IBD?

Diet has no impact on the disease itself, but can alleviate the symptoms.

Your intestines can't function normally when the disease is active. Changing certain eating habits can **temporarily** help control symptoms during the disease's active phase and flare-ups.

A varied diet is important to maintain your intestinal health.

3. What can I do to be more comfortable during flare-ups and still get the nutrients I need?

- Eat often but have smaller quantities (meals and snacks).
- Eat foods that are high in calories and protein.
- If necessary, drink nutritional supplements such as Ensure®, Boost®, etc.
- Avoid spicy and fatty (fried) foods, alcohol, and coffee.

A consultation with a nutritionist can be arranged to help you.

4. I'm afraid to resume a normal diet.

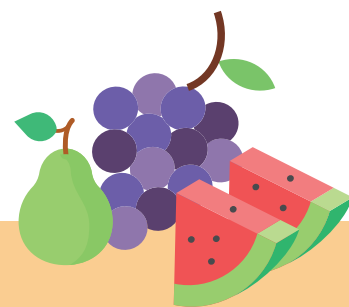
That's completely normal. When your disease seems to be under control, try gradually introducing foods that you eliminated during the flare-up.

Even if a food has been poorly tolerated once, that doesn't mean that it will always be. Try a small amount another time. Resuming a normal, balanced diet is important.

5. Will I have to eat a special diet for the rest of my life?

While you won't have to adhere to a specific diet throughout your life, **temporarily** changing your eating habits can improve your symptoms when flare-ups occur. Certain medical conditions can, however, require dietary restrictions; ask your doctor about them.

People with IBD are also just as likely as anyone else to have **food intolerances**. You can still have food intolerances even if your disease appears to be in remission. Ask your care team for advice.



IN CASE OF PROBLEMS

If your IBD condition worsens, get in touch with the clinic nurse or your gastroenterologist.

If you have any questions or concerns about your state of health, call Info-santé at 811 or your family doctor.

For more information about inflammatory bowel disease, including nutrition, visit www.crohnsandcolitis.ca (Crohn's and Colitis Canada).

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