

# Diet for: Crohn's Disease and Ulcerative Colitis

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Crohn's Disease and Ulcerative Colitis are types of inflammatory bowel diseases. These diseases can cause inflammation of the lining of the digestive tract which can lead to abdominal pain, severe diarrhea, fatigue, weight loss, and malnutrition. In Crohn's Disease, inflammation can occur in the small intestine, causing malabsorption leading to diarrhea. In Ulcerative Colitis, inflammation can occur in the colon, resulting in limited water reabsorption which can cause dehydration. Eating small meals or snacks every 3 to 4 hours can help to relieve these symptoms. Incorporating prebiotics and probiotics can be beneficial in maintaining gut flora which can help to reduce the occurrence of symptoms. Probiotics can be found in yogurt and prebiotics can be found in whole grains, bananas, onions, garlic, honey, and artichokes. While research is limited, foods containing omega-3 fatty acids could potentially help to relieve symptoms due to their anti-inflammatory effects. Foods high in omega-3 fatty acids include: soy beans, flax seed, walnuts, brussels sprouts, kale, spinach, and fatty fish. When symptoms do occur, it can help to consume foods that will be gentler on the digestive system. Consuming soluble fibers can help to relieve symptoms because they absorb water and turn into gel during digestion. Due to their gel-like composition, they can move more easily through an inflamed digestive tract. Insoluble fibers should be avoided because they are difficult to digest and can lead to increased discomfort when the digestive tract is inflamed. It is also important to consume enough fluids during periods of diarrhea to avoid dehydration. When symptoms have subsided, you can re-introduce insoluble fibers into your diet. When symptoms do occur, consuming this Crohn's Disease and Ulcerative Colitis diet can help to relieve symptoms and return your digestive tract to normal. The following foods to enjoy and limit are recommended when symptoms flare up.

## Foods to Enjoy

**Dairy:** smooth nonfat or low fat yogurt, low fat ice cream, sherbet, skim and low fat milk

**Protein:** tender well cooked meat, poultry, fish, eggs, smooth nut butter, and soy products

**Grains:** soluble fiber grains such as oat bran, barley, and lentils

**Vegetables:** well cooked vegetables without seeds, beans, peas, potatoes without skin, and lettuce

**Fruits:** fruit juice without pulp, ripe bananas, ripe melons, most canned fruits in light syrup, soft fruits, and peeled apples

**Beverages:** water, caffeine free tea, decaffeinated coffee, caffeine free soda, and rehydration beverages (sports drinks)

## Foods to Limit

**Dairy:** whole milk, half and half, cream, sour cream, regular fat ice cream and yogurt with berries, orange rind or nuts

**Proteins:** fried meats, bacon, sausage, deli meats, hot dogs, tough or chewy cuts of meat, fried eggs, chunky peanut butter, and all dried beans, peas & nuts

**Grains:** insoluble fibers such as wheat bran and whole grains

**Vegetables:** raw vegetables, beets, broccoli, brussels sprouts, cabbage, sauerkraut, cauliflower, corn, collard greens, lima beans, mushrooms, okra, onions, parsnip, peppers, potato skins, spinach, and winter squash

**Fruits:** almost all raw fruits, canned berries, canned cherries, dried fruits, prune juice and raisins

**Beverages:** beverages with caffeine, alcoholic drinks and beverages made with high fructose corn syrup

## Sample Meals

### Breakfast

- 1 egg omelet, 1 slice of white toast with 1 teaspoon margarine, cranberry juice & caffeine free tea
- Plain bagel with low fat cream cheese and ripe melon or banana

### Lunch

- Tuna salad sandwich in white pita bread with lettuce
- 1 cup of low fat soup with saltines
- Rotisserie chicken sandwich on a white roll

### Avocado and Tuna Tapas

Ingredients:

1 (12 oz) can of tuna	1 dash balsamic vinegar
1 tablespoon mayonnaise	black pepper to taste
1 pinch garlic salt	1/2 red bell pepper chopped
2 ripe avocados, halved and pitted	

Directions:

Stir together tuna, mayonnaise, red pepper, and balsamic vinegar in a bowl.

Season with pepper and garlic salt, then pack the avocado halves with the tuna mixture.

Add a dash of black pepper before serving.

### Dinner

- Baked chicken with white rice and cooked carrots
- Baked fish with mashed potatoes and cooked mixed vegetables

### Teriyaki Salmon with Rice and Asparagus

Teriyaki Salmon

Ingredients:

1/4 cup of sesame oil	1 teaspoon ground mustard
1/4 cup lemon juice	1 teaspoon ground ginger
1/4 cup soy sauce	1/4 teaspoon garlic powder
2 tablespoon brown sugar	4 6oz salmon steaks
1 tablespoon sesame seeds	

