

Client Name _____ Date _____

RD/DTR _____

Phone _____ Email _____

Crohn's Disease and Ulcerative Colitis Nutrition Therapy



- You may not digest and absorb the food you eat.
- You may need more of some vitamins and minerals.
- Some of the medicines you take may affect your ability to eat.

Guidelines

- Eat small meals or snacks every 3 or 4 hours.
- When you have symptoms, stick to the foods in the Recommended Foods chart. These foods are lower in fiber. When diarrhea decreases, you may have small amounts of whole grain foods and higher-fiber fruits and vegetables. Try them one at a time. If you have abdominal pain or diarrhea, then stop eating the new food. You can try it again at a later date.
- Drink enough fluids to prevent dehydration. Aim for at least 8 cups of fluid each day.
- Eat foods that have added probiotics and prebiotics. Ask your registered dietitian for good choices.
- Use a multivitamin. You may need more of some vitamins and minerals than you do when you are healthy. Ask your registered dietitian about taking supplements.
- During periods when you don't have symptoms, include whole grains and a variety of fruits and vegetables in your eating plan. Start new foods one at a time, in small amounts.

Notes:

Recommended Foods

These foods are recommended for people with diarrhea and abdominal pain. (They may also be eaten by people without symptoms.)

Food Group	Recommended Foods	Notes
Dairy	Buttermilk Evaporated, skim, powdered or low-fat milk Smooth, nonfat or low-fat yogurt Low-fat cheeses Low-fat ice cream Sherbet	<ul style="list-style-type: none"> Choose lactose-free products if you have lactose intolerance. Lactose intolerance causes symptoms after drinking regular milk or eating foods made from milk. Symptoms include diarrhea, nausea, stomach pain, and bloating. Choose yogurt with live, active cultures. (The food label will list this information.)
Proteins	Tender, well-cooked meats, poultry, fish, eggs, and soy prepared without added fat Smooth nut butter	
Grains	Bread, bagels, rolls, crackers, cereals, and pasta made from white or refined flour	<ul style="list-style-type: none"> Choose grain foods with less than 2 grams fiber per serving. The grams of dietary fiber in one serving are listed on the Nutrition Facts label of packaged foods.)
Vegetables	Most well-cooked vegetables without seeds Potatoes without skin Lettuce Strained vegetable juice	<ul style="list-style-type: none"> See the Foods Not Recommended chart for a list of vegetables that you should avoid when you have diarrhea or abdominal pain.
Fruits	Fruit juice without pulp (except prune juice) Ripe banana or melons Most canned, soft fruits Peeled apple	<ul style="list-style-type: none"> Choose canned fruit in juice or light syrup. Heavy syrup has lots of sugar, which may make diarrhea worse. See the Foods Not Recommended Foods chart for a list of fruits that you should avoid when you have diarrhea or abdominal pain.
Fats and oils	<ul style="list-style-type: none"> Limit fats and oils to less than 8 teaspoons per day 	
Beverages	Water Decaffeinated coffee Caffeine-free tea Soft drinks without caffeine Rehydration beverages	<ul style="list-style-type: none"> Drinking beverages with sugar or corn syrup may make diarrhea worse for some people. Very sweet juices may also have this effect.

Foods Not Recommended

These foods are not recommended for people with diarrhea and abdominal pain. If you do not have symptoms, you may eat them.

Food Group	Foods to Avoid																
Dairy	Yogurt with berries, orange or lemon rind, or nuts Whole milk Half-and-half, cream, sour cream Ice cream (unless it is low fat or nonfat)																
Proteins	Fried meats, including sausage and bacon Luncheon meats, such as bologna or salami Hot dogs Tough or chewy cuts of meat Fried eggs All dried beans, peas, and nuts Chunky nut butters																
Grains	Whole wheat or whole grain breads, rolls, crackers, or pasta Brown rice and wild rice Cereals made from whole grain Any grain foods made with seeds or nuts																
Vegetables	<table border="0"> <tr> <td>Beets</td> <td>Mushrooms</td> </tr> <tr> <td>Broccoli</td> <td>Okra</td> </tr> <tr> <td>Brussels sprouts</td> <td>Onions</td> </tr> <tr> <td>Cabbage and sauerkraut</td> <td>Parsnips</td> </tr> <tr> <td>Cauliflower</td> <td>Peppers</td> </tr> <tr> <td>Corn</td> <td>Potato skins</td> </tr> <tr> <td>Greens (mustard, turnip, collards)</td> <td>Spinach</td> </tr> <tr> <td>Lima beans</td> <td>Winter squash</td> </tr> </table>	Beets	Mushrooms	Broccoli	Okra	Brussels sprouts	Onions	Cabbage and sauerkraut	Parsnips	Cauliflower	Peppers	Corn	Potato skins	Greens (mustard, turnip, collards)	Spinach	Lima beans	Winter squash
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Fruits	All raw fruits except peeled apple, ripe bananas, and melon Canned berries, canned cherries Dried fruits, including raisins Prune juice																
Beverages	Beverage with caffeine, such as coffee, tea, cola, some sport drinks Alcoholic drinks Avoid sweet fruit juices and soft drinks or other beverages made with sugar or corn syrup if they make diarrhea worse.																
Other	Sugar alcohols (sorbitol, mannitol, xylitol) cause diarrhea in some people. These ingredients are often found in sugarless gums and candies, as well as some medications.																

Sample 1-Day Menu

		Fiber (grams)
Breakfast	1-egg omelet 1 slice white toast with 1 teaspoon margarine ½ cup grits ½ cup cranberry juice Caffeine-free herbal tea	0.6 g 0.35 g
Snack	1 cup lactose-free, high-calorie/high-protein liquid supplement or Fruit smoothie: 1 cup soy milk blended with 1 cup yogurt and ripe banana	6.3 g
Lunch	1 cup low-fat cream of mushroom soup 3 Tablespoons tuna salad on 4-inch white pita bread 5 saltines Caffeine-free herbal tea	0.5 g 0.6 g 0.5 g
Snack	1 cup lactose-free, high-calorie/high-protein liquid supplement or ½ cup cottage cheese sprinkled with cinnamon and sugar	
Evening Meal	4 ounces baked chicken 1 cup white rice ½ cup carrots 1 white roll	1 g 1.5 g 0.8 g
Snack	1 cup lactose-free, high-calorie/high-protein liquid supplement or 1 cup low-fiber cereal with ½ cup skim milk (choose lactose-free milk if lactose intolerant)	0.9 g
Total Daily Fiber		13 g

Approximate Nutrition Analysis:

*Analysis includes food items with skim milk, without liquid supplements.

Calories: 1,755; Protein: 110g (25% of calories); Carbohydrate: 241g (55% of calories); Fat: 39g (20% of calories); Cholesterol: 368mg; Sodium: 3,072mg; Fiber: 13g

Notes: