

Inflammatory Bowel Disease and Nutrition

IBD FAMILY DAY

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Importance of Nutrition





Nutrition and IBD

- 1) Nutrient deficiencies are common
 - E.g. Vitamin D, iron, zinc, folic acid, vitamin B12
- 2) Flares
 - Reduced appetite
 - Reduced intake
 - Reduced absorption
- 3) Medications
 - Affect appetite and absorption of nutrients



During a Flare

- ✓ Avoid high fiber foods
 - Raw fruits, vegetables, whole grains, nuts and seeds
 - Choose low fiber grains, cooked vegetables without skins, smooth nut or seed butters
- ✓ Avoid greasy foods
 - Choose lean protein and foods prepared with less fat at home
- ✓ Avoid sugary foods
 - Drink water, avoid desserts, candy, juice, soda and pastries
- ✓ Reduce lactose
 - · Choose lactose free milk or plant-based calcium-fortified milk products, aged/hard cheeses and yogurt
- ✓ Limit salt while on steroids





- roup at each mea
- ✓ Eat a balanced diet with foods from each food group at each meal
 - Choose a variety of colorful fruits and vegetables
- ✓ Eat fish at least twice a week (Omega 3)
- ✓ Limit red meat to no more than once a week if at all
- ✓ Avoid highly processed foods from packages
 - Choose whole foods prepared from scratch at home
- ✓ Drink plenty of water
- ✓ Limit sugary foods

What about Fiber?

- •Fiber is important in a healthy diet
- Certain soluble fibers may help reduce inflammation
- •When in <u>remission</u>, eat plenty of fruits, vegetables and whole grains

What are "trigger foods"?

- •Common ones: greasy foods, high fiber foods, corn and corn products, nuts and seeds, spicy foods, dairy products, alcohol
- •"Trigger foods" vary from person to person
- •Keep a record of symptoms and food intake



Supplements and IBD?

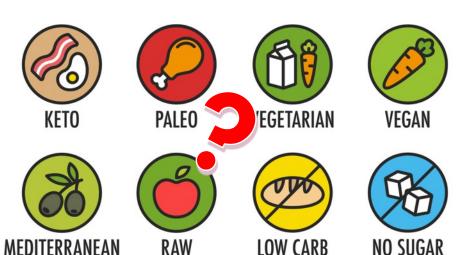
- Multivitamin and mineral supplement
- Vitamin D
- Calcium

- •Iron
- Folate
- Turmeric
- Psyllium



Special IBD Diets...To name a few

- Exclusive Enteral NutritionMediterranean
- Specific Carbohydrate DietPaleo
- OCrohn's Disease Exclusion Diet OCD Anti-Inflammatory Diet
- **OLOW FODMAP**



Nutrition Clinic

- Clin Number
- √ Assess and monitor growth over time
- ✓ Review diet, labs, medications and physical activity
- √ Help ensure that nutrient requirements are met

Clinical Nutrition

✓ Guidance and education for special diets or supplements

