



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

So... What can I eat?



- ✓ 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 remission, 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 Nutrition
- Specific Carbohydrate Diet
- Crohn's Disease Exclusion Diet
- Low FODMAP
- Mediterranean
- Paleo
- CD Anti-Inflammatory Diet



KETO



PALEO



VEGETARIAN



VEGAN



MEDITERRANEAN



RAW



LOW CARB



NO SUGAR



Nutrition Clinic



- ✓ Assess and monitor growth over time
- ✓ Review diet, labs, medications and physical activity
- ✓ Help ensure that nutrient requirements are met
- ✓ Guidance and education for special diets or supplements

