10 Foods to Eat and 10 to Avoid
If You Have Inflammatory Bowel Disease

Egg Harbor Twp., N.J. – If you have Crohn’s and colitis or IBD, food can sometimes trigger painful symptoms.

10 Foods to Avoid if You Have IBD
Common symptoms triggered by these foods include gas, bloating, discomfort, constipation, diarrhea, cramping and abdominal pain.

1. Dairy – Dairy foods can cause bloating and gas, which can aggravate symptoms of IBD. It’s also not uncommon to have IBD and to be lactose intolerant.
2. Nuts – Nuts are hard to digest and can irritate the lining of your intestines. Substitute creamy nut butters instead like almond butter or peanut butter.
3. Seeds – Strawberries and raspberries, or breads with seeds, can create problems. Seeds act almost like sandpaper in your intestines. They also don’t get digested fully and can cause diarrhea.
4. Popcorn – Corn is one of the hardest of all grains to digest because of its high fiber content. Popcorn, in particular, often has hulls and shells that aren’t completely digested and can rub against the intestines.
5. Raw fruits and vegetables – In their raw form, fruits and vegetables are loaded with fiber, which can be difficult to digest. Some people can tolerate fruits with their skins removed.
6. Carbonated beverages – The carbonation can add extra, unwanted gas to your digestive system.
7. Coffee, chocolate and caffeinated drinks – Caffeine stimulates the intestines and can worsen diarrhea.
8. Spicy foods – Too much spice or food that is spicy hot can sometimes cause discomfort.
9. Greasy and fatty foods – The fat in these foods is often not fully absorbed in the small intestine, leading to cramping or loose stools.
10. Alcohol – Consuming alcohol can dry you out and prevent proper rehydration, which can worsen symptoms. Alcohol also sometimes interferes with medications being taken for Crohn’s Disease or Colitis.

10 Foods to Eat if You Have IBD
The goal with a diet for IBD is to reduce inflammation and re-establish healthy bacteria in your digestive tract. Here are some of the foods that can help.
1. **Potatoes, rice and pasta** – Smooth bland foods like these tend to be easier on our digestive systems.
2. **Oatmeal** – Oatmeal has soluble fiber which absorbs water and passes more slowly through your digestive tract. That makes it gentler on your digestive system.
3. **Almond milk** – Made from almonds, this type of milk is safe for those who are lactose intolerant. It also is fortified to contain as much calcium as regular milk.
4. **Eggs** – These are easily digested proteins.
5. **Pureed vegetable soups** – Because the vegetables are cooked and pureed, they are easier to digest. However, if possible, avoid vegetables known to produce excess gas, such as broccoli or beans.
6. **Salmon or mackerel** – These fish are a great source of omega-3 fatty acids which battle inflammation.
7. **Bananas and papayas** – These tropical fruits are easy to digest and high in nutrients.
8. **Poultry** – Chicken and turkey are high protein foods that are easy to digest.
9. **Avocado** – The soluble fiber in an avocado is digestion-friendly.
10. **Butter lettuce** – This type of lettuce is more tender and digestible than other salad greens. If you want a salad, choose butter lettuce.
11. **Water** – Try to drink at least eight glasses of water every day. With the chronic diarrhea often associated with IBD, there is a risk of dehydration.

Keep a food journal to track whether certain foods trigger symptoms. Eat small meals or snacks every three to four hours rather than three big meals a day to help minimize symptoms. Then, follow a diet that avoids foods that are difficult to digest for people with IBD. A gastroenterologist or nutritionist can provide more detailed information to patients in need. For more information, visit [www.atlanticgastro.com](http://www.atlanticgastro.com).

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