

# Foods for IBD

Because every #IBDWarrior is unique in terms of their GI symptoms and food triggers/intolerances, there is no universal diet recommended in IBD. However, there are foods included in many IBD-focused elimination style diets which serve as a good starting place for IBD-friendly foods.

## SPECIFIC CARBOHYDRATE DIET (SCD) FRIENDLY FOODS

Non-starchy vegetables, such as asparagus, mushrooms, spinach, squash, zucchini
Fresh, frozen, or dried fruit, such as apples, pears, bananas, raisins, and dried cranberries
Fresh or frozen meat including beef, poultry, pork, and seafood (no canned, smoked, or processed meats)
Eggs
Nuts, peanuts, nut flour, and additive-free nut butters
Lentils and split peas
Ghee, butter, and homemade lactose-free yogurt
Honey
Herbal tea, weak black tea, weak coffee
Avocado, canola, coconut, olive, and sesame oils



## IBD ANTI-INFLAMMATORY DIET (IBD-AID) FRIENDLY FOODS

Non-starchy vegetables
Fresh, frozen, or dried fruit
Meat including beef, poultry, pork, and seafood
Eggs
Oats
Nuts, peanuts, nut flour, and additive-free nut butters
Seeds including pumpkin, chia, sunflower, and flax (can be pureed)
Beans, lentils, and peas
Ghee and butter
Honey
Coffee, tea, and unsweetened cocoa powder
Avocado, canola, coconut, olive, and sesame oils



## AUTOIMMUNE PROTOCOL DIET (AIP) FRIENDLY FOODS

Non-nightshade non-starchy vegetables
<b>AVOID:</b> eggplant, peppers, chili peppers, potatoes, tomatoes, tomatillos
Fresh, frozen, or dried fruit
Meat including beef, poultry, pork, and seafood, ideally organic, grass-fed and/or pasteurized
Honey, date syrup, maple syrup, maple sugar, molasses, coconut sugar, evaporated cane juice
Coffee and herbal tea
Avocado, coconut, and olive oil



### SOURCES:

1. Webb C, Lee B, Lippman S. RDN Cheat Sheet: Popular Diets for Crohn's and Ulcerative Colitis. Wellness by Food. <https://wellnessbyfood.com/>.
2. Nutritional Therapy for IBD. Comparing and Contrasting Therapeutic Diets. Accessed via <https://www.nutritionaltherapyforibd.org/diet-comparison>.



# Using the IBD Food Symptom Journal

- **Document all food and drinks consumed, including snacks**
- **Log all dates and times for foods AND symptoms**
  - IBD symptoms often occur within a certain time frame after eating a triggering food, so documenting times can help you spot food triggers and symptom patterns.
- **Include portion sizes and food preparation methods**
  - Sometimes, smaller amounts of foods or different preparations may not cause GI symptoms.
  - Note the brand name of each food if you know it, because there can be some differences in ingredients between brands for the same food item that may affect symptoms.
  - When eating at restaurants, include the restaurant name, the dish you ordered, and as much information as you know about the foods in that dish.

<b>Date, Time</b>	<b>Food (All ingredients, portion sizes)</b>	<b>Symptoms (Type, Time Experienced)</b>
June 1, 8:00 AM	3 Organic Valley large eggs scrambled in 2 tablespoons butter 1/4 cup sliced strawberries 2 slices Orowheat whole wheat toast	Gas, bloating, loose stools at 9:15 AM
June 1, 2:00 PM	Panda Express Bowl with Orange Chicken and Fried Rice (Chicken with mandarin orange sauce, rice with peas, egg, carrots, green onions, oil, soy sauce) 12 oz can Coca Cola	Abdominal pain, gas, diarrhea at 2:45 PM



# Symptom Food Journal

<b>Date, Time</b>	<b>Food (All ingredients, portion sizes)</b>	<b>Symptoms (Type, Time Experienced)</b>

