



INFLAMMATORY BOWEL DISEASE

Remember

We are imperfect beings and each day is new and different. Some days it may be easier to follow the suggestions than others.

Be gentle with yourself.

Goal

Self compassion and kindness towards your body

Every body is different

There are a spectrum of symptoms and reactions

If any food or movement recommendations do not feel right for your body, trust that! It may be helpful to talk more about this with your dietitian.

WHAT IS IT?

Inflammatory Bowel Disease (IBD) is a general term that describes diseases involving chronic inflammation in the digestive tract. The body's immune system recognizes the lining of the digestive tract as foreign and attacks it, leading to inflammation, ulcers, and bleeding. This causes symptoms such as abdominal pain and cramping, diarrhea, fever, and fatigue. The two main inflammatory bowel diseases are Crohn's Disease and Ulcerative Colitis.

GENTLE NUTRITION SUGGESTIONS

follow as you are able to

Specific recommendations are highly individual and depend on a person's nutrition status, disease state, and tolerance. The following are some general suggestions, but it's important to listen to your body and work with your dietitian to figure out what's best for you.

During a flare:

- Replace fluid and electrolyte losses from diarrhea. Try coconut water, water mixed with fruit juice and a pinch of salt, or sports drinks (Gatorade)
- Include protein in meals and snacks to promote healing
- Dairy foods, high fiber foods, raw fruits and vegetables, and sugar alcohol (i.e. xylitol, sorbitol) can be difficult to digest when the gut is inflamed, and may exacerbate symptoms in some people. Talk to your dietitian if you have concerns about any foods

During remission:

- Work with your dietitian to identify if there are any foods that might trigger symptoms, or any fears you have around foods triggering symptoms
- Consume regular meals and snacks including a variety of foods to support a healthy immune system

OTHER RECOMMENDATIONS

Resources that may be helpful:

- www.crohnscolitisfoundation.org : provides support groups and information
- www.justlikemeibd.org/ : provides information for teens that are newly diagnosed



TOTAL HEALTH

Health is complex and is influenced by many factors.

Not all factors are within your control.

It is important to consider all of these factors, not just food and movement choices, when exploring ways to improve your health.



Psst..

It is not your fault for having this health condition!
Discuss causes and risk factors with your doctor or registered dietitian if you are interested.

References

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