



## build a better plate

Meal planning for Crohn's disease and ulcerative colitis is a simple and effective method for maximizing nutrition and minimizing trigger foods. Choose foods that deliver ample vitamins and minerals, provide adequate calories, and don't trigger symptoms. [Here are 7 steps to get started:](#)

### 1. Divide the Plate

Imagine a vertical line down the middle of a dinner plate. On one half, imagine a horizontal line—dividing your plate into three sections.

### 2. Eat a Variety of Fruits & Veggies

Fill the largest section with well-cooked vegetables and canned fruit in juice or peeled fresh fruit. Aim for 5 cups of well-tolerated fruits and vegetables every day.

### 3. Eat the Right Kind of Fiber

In one of the small sections, put refined grains like enriched white rice or pasta, or grains rich in soluble fiber such as oats.

### 4. Feed Your Muscles

In the other small section, put your lean protein (eggs, fish, or white meat). Make sure it is well cooked.

### 5. Balance is Key

Add a cup of low-fat dairy, if you can tolerate it, or substitute fortified non-dairy milk alternatives.

### 6. Include the Right Type of Fats

Healthier oils, such as avocado, olive, or canola oil, may also be tolerated in small amounts.

### 7. Hydrate!

Drink plenty of water or fruit juice diluted with water after the meal, or between meals. Intestinal distress, including diarrhea, increases risk for dehydration, which can be severe during flares. Drinking slowly, avoiding ice-cold beverages and straws, which may cause cramping and gas.