

## key nutrients

### Crohn's disease and ulcerative colitis

Having Crohn's disease or ulcerative colitis puts you at risk for becoming low in certain nutrients, which may cause health problems. Below are nutrients commonly low in those with Crohn's disease or ulcerative colitis, and their food sources, to eat to stay nourished.

Vitamin B12	
Best Sources Include:	
Eggs	Fish
Low-Fat Dairy	Shellfish
Meat	Poultry

Magnesium	
Best Sources Include:	
Smooth, Nut or Seed Butter	
Quick, Rolled Oats	
Fish	
Instant Oatmeal	

Iron	
Best Sources Include:	
Meat	Cooked Spinach
Fish	Tomato Puree
Poultry	Cereal, Oatmeal

Calories	
Best Sources Include:	
Protein Rich Foods	
Low-Fat Dairy	
Fats and Oils	
Smooth Nut Butters	

Vitamin D	
Best Sources Include:	
Fortified Dairy	Fortified Orange Juice
Fortified Soy Beverages	
Fortified Rice Beverages	
Eggs (yolk)	Salmon

Best Sources Include:	
Low-Fat Dairy	Milk Alternatives
Fortified Orange Juice	

Folate	
Best Sources Include:	
Enriched Flour	
Enriched Pasta	
Cereals	
Cornmeal Products	
Breads, Pasta	

Fluids	
Best Sources Include:	
Water	
100% Fruit Juice with Water Added	
Low-Sugar Sports Beverages	
Caffeine-Free Tea	

Vitamin A	
Best Sources Include:	
Liver	
Dairy Products	
Sweet Potato - Cooked & Peeled	
Canned Pumpkin	
Carrot Juice	
Butternut Squash, Cooked & Peeled	
Vegetable Juice (No Pulp)	

Protein	
Best Sources Include:	
Eggs	
Low-Fat Dairy	
Fish	
Tofu	
Poultry	
Lean Meat	
Smooth Nut Butters	

Electrolytes	
Best Sources Include:	
Low-Sugar Sports Drinks	
Electrolyte Enriched Beverages (Pedialyte®)	

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- 1 Vitamin B12**

Vitamin B12 is absorbed in the ileum of the small intestine. A flare in the small intestines can make it challenging for the body to fully absorb vitamin B12.
- 2 Vitamin D**

Vitamin D is important to bone health. Maintaining adequate levels of vitamin D may help minimize symptoms of IBD. Certain medications may decrease the absorption of vitamin D.
- 3 Calcium**

Calcium is important for bone health and reducing the risk of osteoporosis. Certain medications can reduce the absorption of calcium in the body.
- 4 Vitamin A, D, E, K**

Fat soluble vitamins (A, D, E and K) are absorbed in the small intestine. During a flare, those with crohn's disease may be at an increased risk of malabsorption of these vitamins. If a portion of the small intestine has been surgically removed, absorption of fat-soluble vitamins may also be compromised.
- 5 Magnesium**

Magnesium levels can become low in crohn's disease and ulcerative colitis from chronic diarrhea, vomiting, and inflammation of the intestines.
- 6 Iron**

Those with Crohn's disease can often experience low-iron levels during a flare in the small intestine, where iron is absorbed. Those with ulcerative colitis can also experience low-iron from excessive blood loss.
- 7 Folic Acid**

Certain medications can interfere with the absorption of folic acid.
- 8 Protein**

During a flare, post-surgery, or with steroid use, protein needs often become elevated.
- 9 Calories**

During a flare, or following surgery, caloric needs often become elevated.

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- 10 Fluids**  
Hydration requirements may increase during a flare. It's also important to follow a proper hydration routine during remission.

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- 11 Electrolytes**  
During severe diarrhea electrolytes can become depleted or unbalanced.

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- 12 Omega-3 Fatty Acids**  
Omega-3 fatty acids may provide beneficial nutrients to help reduce inflammation during a flare and while in remission.