

reading a food label: flare

Crohn's disease and ulcerative colitis

Nutrition Facts	
about 6 servings per container	
Serving size	1 cup (140g)
Amount per serving	
Calories	170
% Daily Value*	
2 Total Fat 8g	10%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
3 Dietary Fiber 2g	7%
4 Total Sugars 16g	10%
Includes 8g Added Sugars	
5 Protein 2g	
Vitamin D 0mcg	0%
6 Calcium 20mg	2%
7 Iron 1mg	6%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

1 Calories

You may feel like you don't want to eat during a flare, but if you find you're losing weight, try adding 250-500 more calories daily.

2 Total Fat

Avoid high fat or greasy foods. These types of foods can make symptoms worse.

3 Fiber

Fiber, especially insoluble fiber, can make symptoms worse. During a flare, choose low-fiber foods (<2g/serving).

4 Sugars

Limit your added sugar intake to 24-36g/day. Too much sugar can often increase symptoms.

5 Protein

Protein is very important for healing. During a flare you may need to increase the amount of protein you eat.

6 Calcium & Vitamin D

Calcium is especially important for those with Crohn's disease or ulcerative colitis. Certain medications, and a diet low in dairy can make it hard to get enough of these nutrients. Aim for three servings of vitamin D fortified, calcium-rich foods daily.

7 Iron

If you are experiencing blood loss, try to increase the amount of iron in your diet.