

nourishment notes

Crohn's disease and ulcerative colitis

Nourishment Notes



Apples

Peeled apples provide healthy, easy-to-digest soluble fiber, important for gut health.



Asparagus

Cooked asparagus tips are typically well tolerated during a flare-up. Asparagus provides folate, potassium and vitamins A, B & C, nutrients often low in those with Crohn's disease and ulcerative colitis.



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins and antioxidants to help keep your body working at its best.



Bananas

Bananas help bind water and slow digestion, minimizing bathroom trips.



Bone Broth

Broth contains a variety of vitamins and minerals and can help to maintain hydration levels during flares.



Butternut Squash

Butternut squash is a great source of vitamin A, potassium and folate, all of which are especially important for those with IBD.

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Carrots

Carrots contain vitamin A and potassium. Vitamin A is important for strengthening the immune system and building healthy cells, and potassium is a key nutrient that can be low as a result of a flare.



Cantaloupe

Cantaloupe is a good source of folate, a key nutrient in IBD. It also has a high water concentration to help maintain hydration.



Chicken

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells. Chicken also provides iron, a nutrient often low in IBD.



Chicken Broth

Chicken broth adds vitamins and minerals to the dish, and helps maintain hydration levels during periods of flare-ups.



Cinnamon

Cinnamon is a powerhouse spice full of antioxidants, types of nutrients that help protect cells from becoming damaged. Cinnamon may also help with blood sugar control and reduce the risk of heart disease.



Cod

Cod is low in fat and provides important nutrients like vitamin B12, phosphorus and niacin. It is also a great protein source, which is important for building new, healthy cells.

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Creamy Soup

Roasting the asparagus and blending all ingredients may be more tolerable for most people while experiencing a flare.



Eggs

Eggs are an excellent source of lean protein, which is important for healing.



Ginger

Ginger is a great spice to use in recipes not only for its flavor, but it also may help reduce inflammation and minimize stomach pain or nausea.



Green Beans

Green beans are a tolerable food for people with chronic digestive issues. They contain folate, vitamin C and vitamin A, all important nutrients in irritable bowel disease.



Cheese

Cheese provides calcium, an important mineral for those with Crohn's disease and ulcerative colitis.



Hummus

The pureed chickpeas in hummus are an excellent source of lean protein and provide valuable nutrients, like folate, copper and manganese. Hummus is usually well tolerated by someone experiencing a flare.

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Lean Turkey Breast

Lean turkey breast is an excellent source of protein.



Mango

Peeled mango is an excellent source of vitamin C. Vitamin C helps your body more easily fight infections.



Marinara Sauce

Marinara sauce contains tomatoes that add a healthy dose of vitamin A, a key nutrient for Crohn's disease and ulcerative colitis.



Mint

Research shows that mint may help alleviate stomach pain and indigestion.



Mushrooms

Mushrooms, particularly cooked mushrooms, are often well tolerated by someone experiencing a flare. Mushrooms are an excellent source of selenium. Selenium is a powerful antioxidant that helps to support the immune system and protects cells in the body from harm.



Oatmeal/Oats/Old Fashioned Oats/Rolled Oats

Oats provides a gluten-free source of soluble fiber, an important nutrient for gut health. It also slows digestion, minimizing bathroom trips.

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Extra Virgin Olive Oil

Olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation associated with Crohn's disease and ulcerative colitis.



Parmesan Cheese

Parmesan cheese contains trace amounts of lactose, which makes it a flare-friendly food option.



Peaches

Peeled peaches provide easy to digest fiber and vitamin C to help your body more easily fight infections.



Peanut Butter

Smooth peanut butter is a flare-friendly source of protein. Peanut butter is also high in healthy monounsaturated fats, which provide vitamin E, an important antioxidant.



Pesto

A main ingredient in pesto is olive oil, which contains monounsaturated fats. These types of healthy fats may help to reduce the inflammation associated with Crohn's disease and ulcerative colitis.



Pineapple

Pineapple contains an enzyme called bromelain. Research has shown the bromelain may be beneficial for reducing inflammation in those with Crohn's disease and ulcerative colitis.

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Pork Tenderloin

Pork tenderloin is an excellent source of lean protein and provides key vitamins and minerals like thiamin, selenium, niacin, vitamin B6 and phosphorus. Protein is especially important for those with Crohn's disease and ulcerative colitis because it is essential for the healing process and protein needs are often increased during a flare.



Potatoes

Peeled and cooked potatoes contain vitamin C and potassium, both important nutrients in inflammatory bowel disease.



Red Pepper

Red peppers provide folate, a nutrient that may help to grow new and healthy cells.



Refined Grains

Refined grains, like white bread, crackers, pasta and noodles, have less fermentable fiber and may be better tolerated by someone experiencing a flare.



Rosemary

Research shows rosemary, a type of herb, has anti-inflammatory properties. It also may help to improve digestion and increase immune function.



Salmon

Salmon contains omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation in the body.

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Shrimp

Shrimp is a great source of astaxanthin, a red pigment in the carotenoid family. Astaxanthin is an antioxidant that may prevent cell damage and improve immune function.



Sourdough Bread

Sourdough bread is a fermented food. Fermented foods may provide the body with beneficial bacteria to help promote gut health. Although not gluten-free, sourdough bread can sometimes be better tolerated in those who are sensitive to gluten.



Sweet Potatoes

Peeled and cooked sweet potatoes provide the body with potassium, an electrolyte, that can be low as a result of a flare.



Tofu

A plant-based meat alternative, tofu is packed with protein. It's low in cholesterol and fat which may help lower the risk for heart disease. Many brands are fortified with calcium to aid in bone health.



Tomatoes

Tomatoes are an excellent source of many nutrients, including folate and vitamin A, both of which are especially important for those with Crohn's disease and ulcerative colitis.



Turmeric

Turmeric is a spice that contains high amounts of antioxidants. Antioxidants may help to prevent cell damage during a flare-up.

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Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.



Watermelon

Watermelon contains electrolytes, which are important during an IBD flare. It also has a high water concentration to help maintain hydration.



White Rice

Low in fiber, white rice is a flare-friendly grain. It also provides folic acid, a key nutrient in irritable bowel disease. Folic acid is a nutrient that may help grow new and healthy cells.



Yogurt

Yogurt contains beneficial probiotics that may help heal the gut.



Zucchini

Zucchini provides B vitamins that can help to increase energy levels.