

Crohn's Disease

What is it?

Crohn's disease is an inflammatory disease of the digestive or gastrointestinal (GI) tract. It can affect anywhere from the mouth to the anus, but is most likely to affect the small and large intestines. During periods of inflammation, some people may experience watery diarrhea, abdominal cramping, fever, nausea, vomiting, and/or intestinal bleeding. Some individuals with Crohn's disease may also experience weight loss as a result of poor appetite, increased nutritional needs, or poor absorption of nutrients. Development of strictures, or areas of narrowing, along the GI tract due to scar tissue build up can also interfere with adequate nutrient consumption.

Can diet help?

A **low residue/low fiber diet** is generally best tolerated during flare-ups. Crohn's disease flare-ups, or temporary times of inflammation, are not caused by eating certain foods. However, many find some foods can aggravate symptoms. During these periods, it is important to allow the bowel to rest. It is only recommended to restrict fiber when having flare-up symptoms.

When you are not experiencing symptoms, transitioning to a **high fiber diet** is recommended. A high fiber diet can help stimulate normal GI function and strengthen the intestinal walls. A high fiber diet is also recommended for general good health. Aim for following a high fiber diet rich in fruit, vegetables and whole grains on a regular basis between flare-ups.

Food intolerances

Crohn's disease is not triggered or made worse by specific foods. However, some patients find that specific foods may worsen GI symptoms. Your diet may need to be individualized according to specific food intolerances.

It may be beneficial to keep a food diary that includes: type of food eaten, amount of food eaten, and side effects after food is consumed. This record can aid in pinpointing your food intolerances.

General guidelines

- Consume small, frequent meals.
- Drink at least 8-10 cups of fluid a day to compensate for loss in diarrhea.
- Limit fat intake if you experience steatorrhea. This appears as fatty loose stools that float. It occurs when fat is poorly absorbed in the GI tract. Your dietitian may recommend a Medium Chain Triglyceride (MCT) supplement.
- If you are lactose intolerant, limit intake of milk and milk products or use lactose-free products. Use calcium with vitamin D supplements to replace these nutrients in your diet.
- If you have developed strictures, avoid seeds, nuts, corn hulls, and raw fruits and vegetables.






Dietitian: _____

Phone: _____

Facility: _____



Low Fiber/Low Residue Eating Plan

During periods of inflammation, follow a low fiber/low residue eating plan if your physician feels this is appropriate for you. This diet works to decrease stimulation to the GI track and to decrease fecal output.

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
Milk and Milk Products 	<ul style="list-style-type: none"> Milk, cheese, cottage cheese and yogurt (as tolerated) Choose yogurt with live active cultures to support gut health <p>You may be advised to limit dairy intake to no more than 2 servings a day.</p>	<ul style="list-style-type: none"> Yogurt containing nuts, seeds or fruit skins (blueberry, strawberry, cherry) Cheese containing nuts, seeds, or other foods not allowed
Breads & Starches 	<ul style="list-style-type: none"> All breads, pastries, pastas, crackers, and starches should be made with refined white or all-purpose flour and should be free of nuts and/or seeds White rice 	<ul style="list-style-type: none"> Whole wheat or whole grain breads, rolls, crackers, or pasta Any grain food made with bran, seeds, nuts, coconut or raw or dried fruits Brown rice, wild rice or quinoa
Cereals 	<ul style="list-style-type: none"> Refined cereals cooked or dry, including farina, cream of wheat, grits, puffed rice and puffed wheat Look for cereals with less than 2g of fiber per serving 	<ul style="list-style-type: none"> Oatmeal Any whole grain, bran or granola cereal cracked or shredded wheat Any cereal with nuts, seeds, coconut or dried fruit
Fruits 	<ul style="list-style-type: none"> Fruit juices without pulp Canned fruit except canned berries and cherries Ripe bananas or melons Peeled apples or applesauce 	<ul style="list-style-type: none"> Fruit juices with pulp All raw fruit except apples, ripe bananas and melon Canned berries and cherries Dried fruits including raisins Prune Juice
Vegetables  <p>Tip: Try removing skins from vegetables, when possible, for better tolerance.</p>	<ul style="list-style-type: none"> Vegetable juice without pulp Cooked vegetables: yellow squash without seeds, green beans Canned vegetables without seeds Eggplant Pumpkin Asparagus Potatoes without skin 	<ul style="list-style-type: none"> Beets Broccoli Brussel sprouts Cabbage Sauerkraut Cauliflower Corn Greens Green peas Lima beans Mushrooms Okra Onions Parsnips Peppers Potato skins Spinach Winter squash

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

© 2016 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD032 – 01/17

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Meat and Meat Substitutes</p> 	<ul style="list-style-type: none"> • Tender, well cooked meats, poultry and fish without extra fat • Eggs (cook until yolk is solid) • Soy Products • Smooth nut butters 	<ul style="list-style-type: none"> • Fried eggs and meats • High fat lunch meats such as salami • Hot dogs • Tough or chewy cuts of meat • All beans, peas and nuts • Chunky nut butters
<p>Fats</p> 	<ul style="list-style-type: none"> • All oils • Margarine • Butter • Gravy • Salad dressing • Mayonnaise 	<ul style="list-style-type: none"> • Coconut • Nuts • Salad dressings containing foods not allowed (poppy seed, thousand island)
<p>Sweets and Desserts</p> 	<ul style="list-style-type: none"> • Hard candy • Cookies • Cakes and pastries made from refined flour • Plain fruit popsicles • Jams or jellies • Ice cream without nuts (if tolerating lactose) 	<ul style="list-style-type: none"> • Cookies, cakes and pastries made with whole grain flour • Bran • Raisins • Dried fruit • Seeds • Nuts • Coconut • Jam or marmalade • Avoid products made with sugar alcohols (sorbitol, mannitol or xylitol)
<p>Beverages</p> 	<ul style="list-style-type: none"> • Water, decaffeinated coffee • Caffeine-free tea • Soft drinks without caffeine • Rehydration beverages <p>Tip: caffeine can exacerbate diarrhea. You may want to limit caffeine during periods of inflammation.</p>	<ul style="list-style-type: none"> • Drinks with caffeine • Alcoholic beverages • Avoid sweet fruit juices or soft drinks made with sugar or corn syrup if they make diarrhea worse.

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

Sample Low Fiber/Low Residue Meal Plan

Breakfast	2 scrambled eggs 1 slice of white toast 1 tsp of seed-free jelly 1 banana
Morning Snack	1 cup of applesauce and/or an oral nutrition supplement
Lunch	2 slices white bread 2-3 oz sandwich filling: meat/cheese as tolerated, tuna/egg salad, or creamy peanut butter with honey or seedless jelly ½ cup of ripe melon 8 oz V8 juice
Afternoon Snack	1 oz string cheese 4-6 soda crackers
Evening Meal	4 ounces of baked chicken 1 cup of white rice ½ cup of cooked carrots 1 white dinner roll
Evening Snack	1 cup of canned peaches and/or an oral nutrition supplement

Supplements

- Work with your dietitian to decide if supplemental vitamins and minerals will be beneficial for you. During periods of inflammation, patients may benefit from folate, B6 and B12 supplementation.
- Talk to your doctor or dietitian about starting a probiotic supplement to support healthy gut bacteria.
- If you are taking methotrexate or sulfasalazine, take an additional supplement of 1mg of folic acid daily, except on the day that methotrexate is given.

Remission Eating Plan

- When inflammation is in remission, consume an adequate amount of fiber. Aim for 25-35 grams of fiber each day.
- Ask your dietitian for a list of high fiber foods.
- Aim for a well-balanced diet including foods high in antioxidants and omega-3 fatty acids
- When you are increasing the amount of fiber in your diet, do so gradually. This will help reduce gas and bloating. It is also important to increase your fluid intake as you increase fiber intake.

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

© 2016 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD032 – 01/17