
NUTRITION INFORMATION FROM YOUR DIETITIAN

Nutrition for Ulcerative Colitis

Ulcerative Colitis (UC) belongs to a group of conditions known as inflammatory bowel diseases (IBD). These disorders cause chronic inflammation in the gastrointestinal (GI) tract, the area of the body where digestion and absorption of nutrients take place. Inflammation may be caused by diet; however, trigger foods will vary from person to person. Many people with UC can consume a normal diet during times of disease remission, but they may need to alter their diet during flare ups or times of inflammation. Keeping a food journal may help to track how your diet relates to your symptoms and help identify trigger foods.

Weight loss may occur as a result of a decreased appetite due to abdominal pain, nausea, vomiting, or worsening diarrhea. Nutritional supplements (i.e. Boost or Ensure) can help prevent further weight loss.

Indications for Use

During flares, certain foods or beverages may irritate the digestive tract and aggravate symptoms. Not all people with IBD are affected by the same foods, and it may be necessary to experiment to discover which foods affect symptoms the most.

A low fiber diet can help lessen diarrhea and abdominal cramps during a UC flare. If the colon is not inflamed, a high fiber diet is recommended. This diet may help to improve function in the large intestine and enhance the muscle tone of the intestinal walls.

Description of Diet

- Eat small meals or snacks every 3-4 hours. Avoid skipping meals.
- When you have symptoms follow a low fiber diet. When symptoms begin to resolve, you may add small amounts of whole grain foods and higher fiber fruits and vegetables. Try them one at a time. If you have abdominal pain or diarrhea, stop eating the new food. You can try again at a later date.
- Drink adequate fluids. Aim for at least 8-10 cups of fluid each day.
- Limit caffeinated beverages and sugary drinks during periods of inflammation. Caffeine and sugar can cause or worsen diarrhea.
- Limit sugar substitutes such as xylitol, sorbitol, and mannitol (commonly found in sugar-free gum or candies).
- 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. Your dietitian can then help you identify trigger foods and intolerances.
- Take a chewable or liquid multivitamin and mineral supplement. Talk with your doctor or dietitian about taking a chewable calcium, vitamin D, or folic acid supplement.
- Nutritional supplements may also be recommended if you are unable to eat regular meals or if you are experiencing unintentional weight loss.
- Eat foods that have added probiotics and prebiotics. Check with your doctor before starting probiotic supplements.





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FOOD GROUP	FOODS RECOMMENDED DURING A FLARE	FOODS TO AVOID DURING A FLARE
<p>Milk and Milk Products</p> 	<ul style="list-style-type: none"> • Low-fat milk and yogurt (as tolerated). • Choose yogurt with live active cultures to support gut health. • Low-fat cheeses (aged cheeses such as cheddar, Swiss, or parmesan may be better tolerated), cottage cheese • Low-fat ice cream, sherbet • Almond milk, rice milk, or soy milk 	<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. • Half-and-half, cream, sour cream. Ice cream (unless it is low fat or nonfat) <p>*You may be advised to limit dairy intake to no more than 2 servings a day.</p>
<p>Starches, Breads, Grains</p> 	<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, pasta 	<ul style="list-style-type: none"> • Whole wheat or whole grain breads, rolls, crackers • Whole grain pasta • Brown or wild rice • Quinoa • Popcorn
<p>Cereals</p> 	<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.
<p>Fruits</p> 	<ul style="list-style-type: none"> • Fruit juices without pulp except prune juice • 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
<p>Vegetables Remove skin from vegetables</p> 	<ul style="list-style-type: none"> • Cooked vegetables without seeds or skins, such as green beans, carrots, etc. • Canned vegetables without skins (except corn) • Potatoes without skins • Vegetable juice without pulp 	<ul style="list-style-type: none"> • All raw vegetables • Beets • Broccoli • Brussels sprouts • Cabbage • Cauliflower • Corn • Greens • Green peas • Lima beans • Mushrooms • Okra • Onions • Parsnips • Peppers • Potato skins • Sauerkraut • Spinach • Winter squash

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Meat and Meat Substitutes 	<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"> • All beans, peas, and nuts • Chunky nut butters • High fat lunch meats such as salami • Hot dogs • Bacon • Tough or chewy cuts of meat
Fats 	<ul style="list-style-type: none"> • All oils • Bacon • Butter • Gravy • Margarine • Mayonnaise • Salad dressing <p>*Limit to less than 8 teaspoons per day.</p>	<ul style="list-style-type: none"> • Coconut • Nuts • Salad dressings containing foods not allowed (poppy seed, thousand island) • Deep fried foods
Sweets and Desserts 	<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).
Beverages 	<ul style="list-style-type: none"> • Water • Decaffeinated coffee • Caffeine-free tea • Caffeine-free soda • Rehydration beverages 	<ul style="list-style-type: none"> • Drinks with caffeine • Alcoholic beverages <p>Avoid sweet fruit juices or soft drinks made with sugar or corn syrup if they make diarrhea worse.</p>

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Low Fiber Sample Meal Plan for Ulcerative Colitis

	BREAKFAST	LUNCH	DINNER	SNACKS
Day 1	2 Scrambled eggs 1 Slice of white toast 1 tsp butter/honey ½ banana	Tuna sandwich on white bread ½ cup cooked carrots ½ cup applesauce	3 oz grilled chicken breast ½ cup mashed potatoes ½ cup cooked green beans White dinner roll 1 tsp butter ½ cup canned peaches	½ cup cottage cheese and ¾ cup melon cubes OR 1 cup milk and graham crackers
Day 2	1 cup cheerios 1 cup milk ½ cup canned pears	Homemade soup (low-sodium broth, chicken, noodles, carrots, celery) White dinner roll 1 tsp butter ¾ cup cubed melon	3 oz lean ground beef 1 cup spaghetti ½ cup tomato sauce ½ cup broiled zucchini	1 oz string cheese and crackers OR Vanilla yogurt and ½ banana

High Fiber Sample Meal Plan for Ulcerative Colitis

	BREAKFAST	LUNCH	DINNER	SNACKS
Day 1	2 eggs scrambled with onions, peppers, and mushrooms 1 Slice of wheat toast 1 tsp butter or honey	Turkey and cheese sandwich on wheat bread Carrot sticks 1 Tbsp ranch dressing	3 oz grilled chicken breast 1 cup brown rice 1 cup stir fry vegetables (broccoli, cauliflower, carrots)	1 oz cheese and wheat crackers OR ½ cup hummus with carrots, jicama, and tomatoes
Day 2	½ cup oatmeal 1 tsp brown sugar 1 cup milk ¾ cup blueberries	Salad with grilled chicken, lettuce, spinach, cheese, strawberries and vinaigrette dressing Wheat dinner roll 1 tsp butter	3 oz shredded pork 1 wheat tortilla 1 oz shredded cheese Lettuce, tomato ½ cup black beans	¼ cup almonds and grapes OR Peanut butter and apple slices

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