

# NUTRITION

Dear @Name@,

Your healthcare team has discussed the following subject with you: Nutrition. Here is some additional information. Please be sure to follow up with your healthcare team with any questions and discuss the findings of any testing being done to ensure you are not at risk for malnourishment.

People with Crohn's disease and ulcerative colitis may have difficulty maintaining healthy nutrition for a variety of reasons, including disease symptoms, complications, and medications. During times of disease flares, diarrhea, urgency to have a bowel movement, abdominal pain, nausea, vomiting, blood in the stool, constipation, loss of appetite, fatigue and weight loss can negatively impact nutrition. Severe diarrhea can cause dehydration, robbing the body of fluids, nutrients and electrolytes (sodium, potassium, magnesium and phosphorus).

People with Crohn's disease and ulcerative colitis often have a reduced appetite as a result of nausea, abdominal pain or altered taste sensation. This can make it difficult to consume enough calories and obtain sufficient nutrients. Additionally, the need to have numerous bowel movements in a day may cause a person with Crohn's disease and ulcerative colitis to shy away from eating too much to avoid symptoms. Eating too little puts people at risk for being malnourished.

It's important to consider and assess whether you are experiencing malabsorption of nutrients, decreased bone mineral density, and/or whether you would benefit from vitamin or mineral supplements or referral to a dietician. The Crohn's & Colitis Foundation offers a Diet, Nutrition and Inflammatory Bowel Disease brochure that covers the impact of IBD on maintaining healthy nutrition, including guidance on what foods are high in certain vitamins and minerals and explanations of supplementation.

Please be sure to follow up with your provider with any questions and discuss any findings of any testing being done to ensure you are not at risk for malnourishment.

Your provider can also discuss the Crohn's & Colitis Foundation's IBD Nutrition Care Pathway with you at your next visit. The pathway uses guideline recommendations to identify and manage malnourishment.

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For further information, please check out <https://www.crohnscolitisfoundation.org/diet-and-nutrition> or follow this link:

</sites/default/files/2020-03/diet-and-nutrition-brochure.pdf>