

# Sick day Diet for IBD

There is no proven food or diet that can cause a flare in patients with IBD. However, some foods may cause more GI discomfort or pain. A low fiber diet is recommended during sick days or flares

## Low Fiber Diet:

Foods to Include	Foods to Avoid
<b>Grains:</b> <ul style="list-style-type: none"> <li>● Refined flour products (white bread, rolls, biscuits),</li> <li>● Plain Cereals (cheerios, cornflakes, cream of wheat)</li> <li>● White rice, pasta</li> </ul>	<ul style="list-style-type: none"> <li>● Whole grain products including whole wheat bread, whole grain pasta, and brown rice</li> <li>● High fiber cereals (Raisin bran, Bran flakes)</li> </ul>
<b>Fruit:</b> <ul style="list-style-type: none"> <li>● Fruit juice (except prune juice)</li> <li>● Applesauce, apricots, bananas, melons, canned fruit, peaches</li> </ul>	<ul style="list-style-type: none"> <li>● Raw fruits with skin</li> <li>● Berries</li> <li>● Dry fruits</li> </ul>
<b>Vegetables</b> <ul style="list-style-type: none"> <li>● Vegetable juice (V-8)</li> <li>● Potatoes with no skin</li> <li>● Well cooked vegetables</li> </ul>	<ul style="list-style-type: none"> <li>● Raw vegetables</li> <li>● Broccoli, cauliflower</li> <li>● Brussel sprouts, cabbage, kale</li> <li>● Leafy green vegetables</li> </ul>
<b>Meats and protein:</b> <ul style="list-style-type: none"> <li>● Well cooked meats, fish and eggs</li> </ul>	<ul style="list-style-type: none"> <li>● Beans, lentils, nuts and seeds</li> </ul>
<b>Dairy products:</b> All dairy products as tolerated	<ul style="list-style-type: none"> <li>● Lactose may cause some problems in patients with IBD. Lactose free milk, yogurt, and cheese in small amounts may still be tolerated</li> </ul>
<b>Other:</b>	Spicy foods, greasy or fried foods, caffeine, tea, coffee, soda, chocolate, carbonated drinks

## Sample menu for sick day:

Breakfast	White toast with butter, 2 eggs, 1 cup whole milk, ½ cup orange juice
Snack	½ cup applesauce, string cheese
Lunch	Peanut butter and jelly sandwich on white bread, 1 cup whole milk, well cooked carrots
Snack	Ensure/Boost/Carnation Instant Breakfast
Dinner	Chicken breast, ½ cup mashed potatoes (made with butter and whole milk), v8 juice, white roll
Snack	Ice cream

### Helpful tips:

- Try to eat a variety of foods from all food groups
- 6 small meals and snacks may be better tolerated than 3 large meals
- Drink plenty of fluid
- If appetite is down, try to eat higher calorie foods to make sure and eat enough calories. Examples are whole fat dairy products, oils, butter, peanut butter, gravies
- May use nutrition supplement to help meet calorie needs such as Pediasure, Boost, Ensure, or store brand
- Remember: tolerance is different from person to person!

### References:

Crohn's and Colitis Foundation: [www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org)  
UCSF: [http://www.ucsfhealth.org/education/nutrition\\_tips\\_for\\_inflammatory\\_bowel\\_disease/](http://www.ucsfhealth.org/education/nutrition_tips_for_inflammatory_bowel_disease/)