

## Sick Day Diet for IBD

**While there is currently no evidence to suggest that any particular foods directly cause IBD flares, there are some foods that may exacerbate GI symptoms and should be avoided during symptomatic periods.**

Typical Safe Foods	Potential Problem Foods
<ul style="list-style-type: none"><li>• Refined flour products</li><li>• White rice</li><li>• Mashed potatoes</li><li>• Oatmeal or cream of wheat</li><li>• Applesauce, canned fruit, banana, pumpkin</li><li>• Well-cooked vegetables</li><li>• Plain chicken turkey, or fish</li><li>• Well-cooked eggs</li><li>• Diluted juice</li></ul>	<ul style="list-style-type: none"><li>• Foods high in insoluble fiber such as whole grains</li><li>• Raw fruits and vegetables</li><li>• Nuts and seeds</li><li>• High lactose foods</li><li>• Greasy, fatty foods</li><li>• Spicy foods</li><li>• Sweets and processed foods</li><li>• Caffeine</li><li>• Carbonated beverages</li></ul>

### Helpful tips

- Small, frequent meals may be better tolerated than three large ones.
- Maintaining hydration is especially important. Fruit-infused water or diluted juice may be more appealing than plain water. Also consider electrolyte-based fluids when volume repletion is needed.
- Systemic inflammation increases protein requirements. Weight loss and linear growth delay are late signs of malnutrition. These patients should increase protein intake by up to 25% until growth is restored.
- If the patient has a poor appetite, optimize intake with nutrient and calorie-dense options such as PediaSure, Boost, or Ensure.
- Specific problem foods will vary among individuals, so having the patient or family keep a food journal and work with a Registered Dietitian, if possible, can be helpful.
- Once the patient is feeling better, reintroduce avoided foods slowly and in small amounts as tolerated.



In summary: Bland diet, soft white foods, and small frequent meals

Hydrate, Hydrate, Hydrate!

- **Resource to share with your patients:**

- Diet and nutrition for children with IBD: <https://www.crohnscolitisfoundation.org/youth-parent-resources/diet-and-nutrition>

### References

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