



**CROHN'S
& COLITIS
FOUNDATION**

GLOBAL GUT GUIDE:

SAVORING LIFE

WITH IBD



SAVORING LIFE WITH IBD

Savoring life with IBD means finding joy in moments that aren't always easy. For those living with Crohn's disease and ulcerative colitis, even sharing a meal or planning a trip can feel overwhelming.

This World IBD Day, we're breaking the silence on what it's really like to navigate life with IBD. Whether you're modifying your diet, traveling to new environments, or managing your symptoms, this guide is here to help. Let's go there — together.

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Explore globally inspired recipes designed to bring joy back to mealtime.

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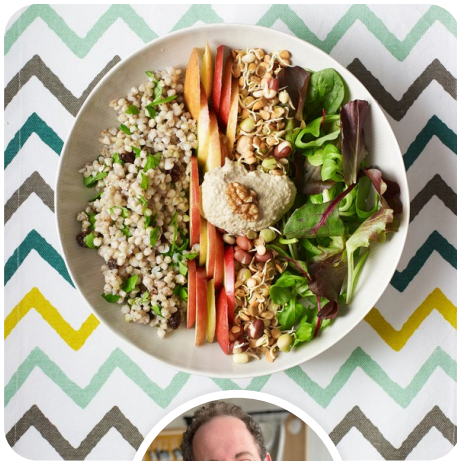
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Help build a future where everyone can savor life with IBD.

ABOUT THE CROHN'S & COLITIS FOUNDATION

We are dedicated to finding cures for Crohn's disease and ulcerative colitis and improving the quality of life for children and adults affected by these diseases. Access the many resources, tools, and programs helping our IBD community by visiting CrohnsColitisFoundation.org/.





**Recipe Courtesy of
Chef Joel Gamoran**

MEDITERRANEAN BUCKWHEAT & BABA GANOUSH POWER BOWL

Ingredients

- 50g (1¾ oz) buckwheat groats
- 1 tbsp raisins
- 1 tbsp parsley, chopped
- 3 tbsp natural yogurt
- 1 tbsp lemon juice
- Salt and pepper, to taste
- 1 small eating apple, thinly sliced
- 3 tbsp sprouted seeds or pulses (for example, mung or chickpea)
- 1 handful of mixed baby salad leaves
- 2 tbsp aubergine baba ganoush
- 1 shelled walnut

Instructions

- ① Soak the buckwheat overnight in double the volume of water. Drain, rinse, and place in a saucepan. Cover with water and bring to a boil.
- ② Lower the heat and simmer, covered, for 10 minutes until al dente. Drain and place in a mixing bowl.
- ③ Add the raisins and parsley to the buckwheat and combine.
- ④ Prepare the dressing by combining the yogurt with lemon juice and a little salt and pepper.
- ⑤ Place a bed of buckwheat in a bowl and top with the apple slices, sprouted seeds, and baby salad leaves
- ⑥ Finish with a generous dollop of baba ganoush, one whole walnut, and a drizzle of yogurt dressing.
- ⑦ Season with salt and pepper.



Joel Gamoran, Chef in Residence for the Crohn's & Colitis Foundation is - a Seattle-based chef and cookbook author who has appeared on PBS, The Today Show, A&E, and Good Morning America. After being diagnosed with colitis — a condition that runs in his family — he partnered with the Crohn's & Colitis Foundation to help launch [Gut Friendly Recipes](#), a platform designed to answer the question: *What can I eat?* As both a chef and someone living with IBD, Joel shares recipes and inspiration to help others cook with confidence and savor life again.

SALTADO DE VEGETALES (STIR-FRIED VEGETABLES)

Ingredients

- 2 tbsp neutral cooking oil
- 1 large red onion, cut into thick slices or wedges
- 2-3 tomatoes, cut into thick slices or wedges
- 1-2 red bell peppers, cut into thick slices or wedges
- 1-2 broccoli crowns, chopped into bite-sized pieces
- 2 cups cabbage, chopped
- 1 cup green beans
- 2 tbsp soy sauce (may be substituted with tamari for a gluten-free option)
- 2 tbsp white wine vinegar (50 grain for lower acidity)
- ½ cup of vegetable stock
- 2 tsp cumin
- ½ cup fresh parsley, freshly chopped
- 2 green onions, sliced thinly from tip to tail
- Salt and pepper, to taste



Recipe Courtesy of
Rocío Castrillón

Instructions

- ① In a small bowl, mix soy sauce, white wine vinegar, vegetable stock, and cumin.
- ② Heat up a large frying pan on medium-high heat.
- ③ Add 2 tablespoons of neutral cooking oil and begin by adding the following vegetables: red onion, red peppers, green beans, and cabbage. Cook for 3-4 minutes or until cooked through
- ④ Add the sliced tomatoes and cook for 1 minute.
- ⑤ Add broccoli pieces and let steam/cook for 1-2 minutes.
- ⑥ Stir in soy sauce mixture and toss stir-fry for another minute.
- ⑦ Add salt and pepper to taste.
- ⑧ Garnish with chopped parsley and green onions before serving.
- ⑨ Serving recommendation: Saltado de vegetales can be served alongside cooked white or brown rice.



Rocío Castrillón is a national trustee of the Crohn's & Colitis Foundation and a passionate patient advocate. Living with Crohn's disease for over 20 years, she shares how IBD impacts life far beyond the gut. Rocío created this recipe to stay connected to her Peruvian roots while making choices that support her health. Her story reflects the resilience and creativity it takes to keep enjoying life with IBD.



Recipe Courtesy of
Vivir con Crohn's y CUCI

ALMOND FLOUR WAFFLES WITH PEANUT BUTTER AND BERRIES

Ingredients

- 5 tbsp almond flour
- ½ cup of egg whites
- 1 tsp. baking powder
- Splash vanilla extract
- 1 tsp matcha (optional)
- 2 tbsp all-natural smooth peanut butter
- ½ cup strawberries (if desired)
- ½ cup blueberries (if desired)

Instructions

- ① In a bowl, mix all ingredients until you have a smooth batter—no fancy tools needed, just a quick stir!
- ② Heat your waffle maker and pour in the batter.
- ③ Cook until golden and crisp, then remove and let cool slightly.
- ④ Spread 2 tablespoons of creamy peanut butter over the top for a protein boost.
- ⑤ Add fresh strawberries and blueberries for a sweet, antioxidant-rich finish.
- ⑥ Serve warm and enjoy!



Vivir Con Crohn's y CUCI is a nonprofit organization based in Mexico City, dedicated to educating, empowering, and supporting people living with inflammatory bowel disease. Through community-building, advocacy, and culturally relevant resources, they help patients navigate the challenges of Crohn's disease and ulcerative colitis with knowledge and confidence. From awareness campaigns to support groups and expert-led education, Vivir con Crohn's y CUCI is committed to making sure no one faces IBD alone.

BAKED SALMON WITH CUCUMBER DILL SAUCE

Ingredients

- ½ cucumber
- salt and freshly ground black pepper
- 250g (9 oz) plain yogurt
- 2 tsp Dijon mustard
- 1 spring onion, finely chopped
- 1 tbsp chopped dill
- 4 salmon steaks or fillets, skinned
- 2 tsp olive oil
- juice of ½ lemon



Gut Friendly
RECIPES

Recipe Courtesy of
[Gut-Friendly Recipes](#)

Instructions

- ① Finely dice the cucumber and sprinkle with salt. Let it drain in a sieve for 1 hour to remove excess moisture.
- ② Rinse the cucumber, pat it dry, and mix with yogurt, mustard, spring onion, and dill. Season to taste and set aside.
- ③ Preheat the oven to 400°F (200°C). Place salmon fillets in a baking dish, brush with oil, and season with salt, pepper, and lemon juice.
- ④ Roast for 8–10 minutes, depending on thickness, until the salmon is just cooked through and still moist.
- ⑤ Stir the pan juices into the cucumber dill sauce for added flavor.
- ⑥ Serve the salmon hot or chilled with a generous spoonful of the sauce on top.

Gut Friendly
RECIPES

[Gut-Friendly Recipes](#) is a free online recipe tool from the Crohn's & Colitis Foundation, featuring 500+ dietitian-approved recipes for people with IBD, digestive issues, or anyone seeking nutritious, easy-to-digest meals. Designed to support better health and more confident eating, this resource helps take the guesswork out of mealtime.

MOVING FREELY WITH IBD

Traveling with IBD can feel daunting, but with the right tools and preparation, your journey can be as smooth as possible. Here's how to navigate the world without IBD holding you back:

Before You Leave

- ❑ Pack Extra medication in original containers.
- ❑ Pack Snacks, a change of clothes, and essential toiletries (toilet paper, soothing wipes, hand sanitizer).
- ❑ Carry medications in your carry-on.
- ❑ Get a doctor's note, especially for customs or TSA.
- ❑ Traveling with an **ostomy?** Alert airport security staff—they are trained to respond respectfully to medical needs. **Ostomy supplies are allowed through TSA checkpoints.**
- ❑ Find local physicians through IAMAT (International Association for Medical Assistance to Travelers) or U.S. embassy recommendations.
- ❑ Check your health insurance for international coverage; purchase travel insurance if needed.
- ❑ Pack a written action plan from your doctor, Copies of prescriptions.

During Travel

- ❑ Use the Crohn's & Colitis Foundation's ["We Can't Wait" Free Restroom Finder App](#) in the U.S.
- ❑ Learn key phrases (bathroom, emergency, pharmacy) or use a translation app.
- ❑ Carry emergency contacts and your doctor's phone number.
- ❑ If you experience severe symptoms while traveling (high fever, extreme abdominal pain, fainting), seek medical help immediately.
- ❑ Contact guest services for access passes or priority restroom use at places like Disney, Universal Studios, and Six Flags.
- ❑ Stay hydrated and avoid trigger foods.
- ❑ Consider escorted tours for easier medical access.

With preparation, your journey doesn't have to be dictated by IBD — just your spirit of adventure!

Source: <https://www.crohnscolitisfoundation.org/what-is-ibd/traveling-with-ibd>



IBD SYMPTOM TRACKER

Getting to know your IBD patterns can make a big difference in how you manage food, travel, and symptoms. Record your symptoms and flares, stress levels, and energy to gain insights into what makes you feel your best.

Share the following information with your doctor:

1. Bowel Movements

During the past month, I had this approximate number of soft or loose bowel movements per day:

- 0 3–5 10–12
 1–2 6–9 More than 12

Note: It may be helpful to keep a daily diary of these symptoms.

2. Abdominal Pain

Over the past month, I would rate the severity of my abdominal pain as:

1	2	3	4	5	6	7	8	9	10
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(NO PAIN)

(SEVERE PAIN)

Note: It may be helpful to keep a daily diary of your abdominal pain.

3. Disease Flares

A disease flare is a period of symptom activity and can include abdominal pain, stool changes, urgency, and loss of appetite, among other symptoms that are attributable to your IBD. Please respond to the following based on this definition:

I've experienced this approximate number of disease flares over the past year:

- 0 3–5 10–12
 1–2 7–9 More than 12

4. Rectal Bleeding

Over the past month, I have seen blood in my stool:

- Never Occasionally (50% of time)
 Trace Usually (>50% of time)

5. Challenges

Since my last visit, my IBD has caused me to:

- | | | | |
|---|--------------------------------|------------------------------------|--------------------------------|
| <input type="checkbox"/> Eat less | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| <input type="checkbox"/> Decline social engagements | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| <input type="checkbox"/> Avoid activities I enjoy | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| <input type="checkbox"/> Arrive late for an event/leave early | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| <input type="checkbox"/> Miss work/school | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| <input type="checkbox"/> Lose sleep | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| <input type="checkbox"/> Lose sexual desire | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| <input type="checkbox"/> Stay in bed for all or most of the day | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |

IBD SYMPTOM TRACKER

6. Emotions

Since my last visit, my IBD has made me feel:

- Isolated
- Stressed
- Depressed
- Helpless
- Overwhelmed
- Angry
- Sad
- Embarrassed
- Anxious
- Frustrated
- Guilty
- Other _____
- None of the above

7. Appetite/Nausea/Body Weight

I've experienced the following changes in appetite, nausea, diet or body weight within the last month:

Appetite:

- Increased
- Decreased
- Stayed the Same

Nausea:

- Increased
- Decreased
- Stayed the Same

Weight:

- Increased
- Decreased
- Stayed the Same

If your weight changed, how many pounds was the increase or decrease?

_____ lbs

8. Complications

I've experienced the following complications over the past month:

- Joint pain
- Eye issues
- Kidney issues
- Skin issues
- Liver issues
- Rectum and/or anus issues
- Other _____

9. Improvements

Since starting my current treatment, my disease symptoms have:

- Improved
Please explain how they have improved: _____
- Become worse
Please explain how they have worsened: _____
- Stayed the same

10. Primary Concern

My primary concern for today's office visit is: _____

Learn more about the IBD Symptom Tracker on the [Crohn's & Colitis Foundation's website](#).



LET'S GO THERE

Talking about IBD can be uncomfortable — but living with it every day is even harder. That's why we're not afraid to go there: to bring more awareness, stronger support, and better funding for the research that will change lives.

We're closer than ever to a future where people with Crohn's disease and ulcerative colitis can truly savor life. Let's go there, together:

- **Double Your Impact:** All gifts up to \$200,000 will be matched* through May 31 to support research, resources, and advocacy. [Give today.](#)
- **Share Your Story:** Your experience matters. Visit crohnscolitisfoundation.org/lets-go-there to share your IBD journey and inspire others.

*World IBD Day match opportunity ends at midnight PT on May 31, 2025. Not valid on donations of \$10,000 or more.



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