Gut Friendly Recipes

Dear @Name@,

Your healthcare team has discussed diet and nutrition for inflammatory bowel disease (IBD) with you. One resource that can help you along your journey is **Gut Friendly Recipes**, provided by the Crohn's & Colitis Foundation. This resource can be used to supplement discussions around your care with your doctor and dietitian to meet your specific nutritional needs.

Gut Friendly Recipes is a website that features over 500 recipes from various diets and allows you to filter common allergens and create meal plans.

Always continue to discuss diet and nutrition with your healthcare team!

To view this resource, visit our website at: gutfriendlyrecipes.org