

# What to eat when your Inflammatory Bowel Disease (IBD) flares up

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When you have IBD, making changes in your diet may help reduce your symptoms during a flare-up. Many people with inflammation at the end of the small intestine, called the ileum, are helped by eating foods low in residue. Some people may also find eating foods low in lactose helpful.

During a flare-up, the changes you make in your diet are temporary. When you feel better, we recommend you return to eating your normal diet. Dietary changes may depend on your type of bowel disease. Discuss this with your IBD team.

**Avoid corn, including popcorn.** It is the only food you must avoid when you have IBD.

## How can eating foods low in residue help me?

Eating foods lower in residue can help by decreasing the amount of bulky material moving through your intestine. It can also help prevent a blockage in your bowel.

Foods low in residue are easy for your body to break down. Eating this way is not a permanent diet change. When your bowel is less sensitive, return to eating your normal diet.

See the insert for examples of "Foods to Try". These foods are low in residue.

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## How can eating foods with less lactose help me?

During a flare-up, you may become more intolerant to foods with lactose. Lactose is a type of sugar in milk and milk products. When the intestine is irritated during a flare-up, it may not be able to digest or breakdown lactose properly. This may lead to discomfort such as bloating and gas, but will not make your disease worse.

You can take lactase enzyme pills when you eat foods with lactose. The pills will help to break down the lactose. You can also buy foods that are lower in lactose. Foods that are lower in lactose are listed in the chart below.

Lower lactose foods to try*
<ul style="list-style-type: none"><li>• Lactose free milk like Lactaid, Lacteeze</li><li>• Fortified soy beverages, fortified rice milk</li><li>• Cheese such as dry curd cottage cheese, cream cheese, gouda, colby, blue, cheddar, processed, parmesan, mozzarella, swiss</li><li>• Lactose reduced yogurt, yogurt with live cultures</li><li>• Lactose free ice cream</li></ul>

\* Look for milk and milk alternatives that are fortified with Calcium and Vitamin D.

## What is a food diary?

Keeping a food diary can help you to keep track of how different foods make you feel. Use a notebook and make notes for yourself after each meal or snack. On the left side of the paper write down what you ate, how much you ate and what time you ate. On the right side of the paper you can write down any symptoms that you had and what time they happened. If you have a smartphone, download the IBD app (Apps Store) to record this information. This can help you identify the foods that cause your symptoms.

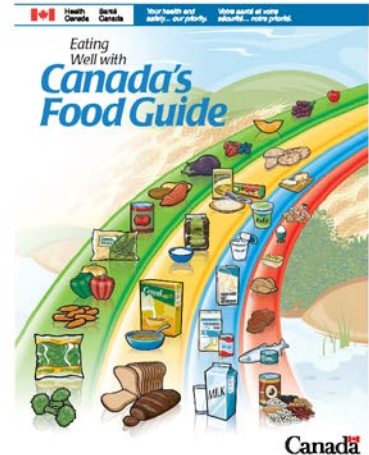
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## Healthy eating with IBD

Avoiding specific foods or entire food groups for long periods of time is not needed. You may miss important nutrients that help your body grow strong and keep you healthy, such as calcium, vitamin D and iron. Calcium and vitamin D are important for bone health and are found in dairy products. Iron helps carry oxygen to all parts of your body and can be found in meat and legumes.

To make sure you are getting the nutrients you need, eat a well-balanced diet. Include foods from all 4 food groups according to Eating Well with Canada's Food Guide. Information on Eating Well with Canada's Food Guide can be found at:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>



## Tips to help you face everyday challenges

### Eating at school or restaurants

- Bring a lunch to school if the cafeteria does not have foods you can eat.
- Before going to a restaurant, look up menus online and choose a restaurant that offers choices you can eat.
- Ask your server about ingredients you are unsure of such as spices or milk in recipes. They may be able to do special requests. Just ask!
- Bring your own snack if you eat somewhere that does not have suitable choices.
- If you are going to the movies remember to avoid popcorn. Consider eating some of the other snacks instead, or bring one from home.

## Other resources

- Talk to your doctor and/or dietitian if you have any questions about IBD or the food in your diet.
- Crohn's and Colitis Foundation of Canada  
<http://www.cafc.ca/site/c.ajIRK4NLLhJOE/b.6319851/k.BDBF/Home.htm>.
- Teens Health  
[http://kidshealth.org/teen/diseases\\_conditions/digestive/ibd.html#](http://kidshealth.org/teen/diseases_conditions/digestive/ibd.html#)

## Foods to eat and avoid when your IBD flares up

Only avoid certain foods on a temporary basis when you are not feeling well. Return to a more normal diet when you feel better.

**Avoid corn, including popcorn, even when you are feeling better.**

	Foods to Try	Foods to Avoid
<b>Milk and Alternatives</b> *If you need to temporarily avoid high lactose foods - see chart on page 2	All milk and dairy products such as milk, cheese, yogurt, ice cream	None
<b>Meat, Fish, Poultry and Meat Alternatives</b>	All meats and alternatives	Avoid whole nuts if you know they bother you.
<b>Vegetables</b>	Cooked vegetables Vegetable juices	Corn, including popcorn Avoid raw vegetables (including tomatoes and tomato products) temporarily if you know they bother you.
<b>Fruit</b>	Fruit and fruit juices, including dried fruits such as raisins or apricots	Avoid oranges and orange juice if you know they bother you.
<b>Breads and Cereals</b>	Breads and cereals made from refined flours (white flour) such as bagels, biscuits, bread, buns, crackers, rolls muffins, pancakes, waffles  Cereals such as: Cheerios, Corn Flakes, Cream of Wheat, Oatmeal, Plain Puffs, Rice Krispies, Special K  Pasta White rice and barley	Breads and cereals made with large amounts of bran such as all bran cereal.  Cereals and granola bars with whole nuts or large pieces of nuts if you know they bother you.
<b>Fats</b>	Butter or margarine, cooking oils, mayonnaise, nut butters such as peanut butter and almond butter.	None
<b>Other</b>	Mild herbs and spices Popsicles Jell-O	Spicy foods Popcorn, snack foods made with corn, such as Doritos and nacho chips Seeds in their husks such as sunflower and pumpkin seeds