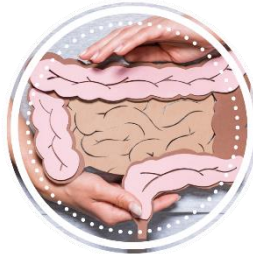




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# Crohn's Disease Nutrition Therapy



## Dietary Tips

As Inflammatory Bowel Disease (IBD) affect ability to digest and absorb food it is recommended to :

Consume small frequent meals throughout the day rather than substantial amounts at the same time and avoid skipping meals

Try to add protein and dairy products with each meal and snacks if you can tolerate it

Increase intake of foods with added probiotics as yogurt and prebiotics as banana

Increase consumption of fluids to at least 8 cups daily .

Take a chewable multivitamin with minerals, ask your dietitian.

## Dietary Tips

**While you do not complain from GI symptoms**

try to add whole grains and fruits and vegetables in your eating plan.

Start new foods one at a time gradually on small amount, if you complain from diarrhea or abdominal pain, stop eating the added items and try it again later

**In case of present symptoms:**

or if you are taking Budesonide or Prednisone , try to eat the foods in the Recommended Foods table . These foods are lower in fiber

## Recommended Food

### Dairy



- Buttermilk\* , Evaporated, fat-free (skim), and low-fat milk\* , lactose free milk
- Fortified nondairy milk such as almond milk, cashew, coconut or rice milk
- Smooth nonfat or low-fat yogurt\*
- Low-fat cheeses (such as cheddar, Swiss, or parmesan may do better as it low in lactose , limit to 1 – 2 Oz. / serving to decrease lactose intake )
- Cottage cheese\*
- Low-fat ice cream\*.

**Foods marked with an asterisk (\*) have lactose**

# Recommended Food

## Dairy

If you have lactose intolerance

. Choose lactose-free products-

Symptoms of lactose intolerance occur after drinking regular milk or eating foods made from milk:

(Whey, cream, butter, or products with “may contain milk” on the label).

Symptoms include:

. Diarrhea, nausea, stomach pain, and bloating

Choose yogurt with live active cultures (check labels)

# Recommended Food Proteins



- Tender, well-cooked meats, prepared without added fat
- poultry, fish, eggs (cook until yolk is solid)
- soy, Smooth nut butters

**Protein food will be more tender if cooked with moist heating methods or if you marinate them before cooking.**

**These include:**

- Using broth or water to cook the meat at a lower temperature
- Covering the dish when cooked in the oven, so the food cooks in its own juices.
- Marinate the meat first with an acidic ingredient, such as vinegar and oil, lemon juice or pineapple and then pour it off before cooking.
- Cook protein food well to reduce bacteria

## Recommended Food



### Grains

- Bread, crackers , bagels , rolls
- Pasta made from white or refined flour
- White rice,
- Cereals made from refined grains without added fiber and low in sugar.

Choose grain foods with less than 2 grams of fiber per serving.

The grams of dietary fiber in 1 serving are listed on the Nutrition Facts label of packaged food

- Any containing milk may contain lactose.

## Recommended Food

### Vegetables



Most well-cooked vegetables without seeds or skins, such as:

- Green beans or carrots, Potatoes without skin.
- Sweet potatoes contain more fiber; remove skin and do not eat more than half at one meal.

Strained vegetable juice.

- Summer squash: yellow or zucchini without skins or seeds.

See food in the Not Recommended list of vegetables you should avoid when you have diarrhea or abdominal pain



# Recommended Food



## Fruits

- Fruit juice (except prune juice)
- Without pulp
- Ripe banana or melons
- Peeled apple.
- Most canned, soft. Fruits or fruit cup (in juices)  
avoid pineapple

Look for fruit juices that are 100% fruit juice or those fortified with nutrients. Calcium fortified is optional.

Fruit juices diluted by half with water may be tolerated better .

-Choose canned fruit in juice or light syrup. Heavy syrup has a lot of sugar, which may make diarrhea worse.

**See the Not Recommended Food list of fruits you should avoid when you have diarrhea or abdominal pain**

## Recommended Food

### Fats and Oils



- Limit fats and oils to less than 8 teaspoons per day
- Choose oils more often than solid foods.

## Recommended Food

### Beverages



- Water
- Decaffeinated coffee
- Caffeine-free tea, Rehydration beverage.

Drinking beverages with sugar or corn syrup may make diarrhea worse for some people. Very sweet juices may also have this effect.



## Not Recommended Food

### Dairy

- Fruited yogurt
- Yogurt with granola
- Whole milk, cream, sour cream, Ice cream (unless it is low fat or nonfat)

Avoid higher fiber or higher fat foods that may not be tolerated as well.



## Not Recommended Food

### Protein

- Fried eggs and meats
- Sausage and bacon
- Hot dogs
- Tough or chewy cuts of meat (grilled steak)
- All dried beans and peas as hummus, coconuts, and nuts
- Chunky nut butters



## Not Recommended Food

### Grains

- Whole wheat or whole grain breads
- Crackers
- Pasta
- Brown rice
- Quinoa
- Cereals made from whole grain
- Oatmeal or bran
- Any grain foods made with seeds or nuts
- Popcorn



## Not Recommended Food

### Vegetables

The vegetables listed here are gas forming and/or have a high amount of fiber

- Beets
- Broccoli & Cabbage
- Sauerkraut
- Cauliflower
- Corn
- Green peas
- Mushrooms
- Okra
- Onions
- Peppers
- Potato skins
- Spinach & squash



## Not Recommended Food

### Fruits

All raw fruits except for ones on food recommended table.

- Berries
- canned cherries
- Dried fruits, including raisins, and prune
- Prune juice
- sweetened fruit juice

## **Not** Recommended Food Beverages



- Drinks with caffeine such as coffee, tea, cola, some sport drinks
- Alcoholic drinks
- Avoid sweet fruit juices and soft drinks or other beverages made with sugar or corn syrup if they make diarrhea worse.
- Sugar free drinks with sugar substitutes ( aspartame , sucralose , sorbitol)

### **Other Not** recommended food

Sugar alcohols (erythritol, sorbitol, mannitol, xylitol) cause diarrhea in some people. These ingredients are often found in sugarless gums and candies, as well as some medications







## Sources and References

Academy of Nutrition and Dietetics  
Nutrition care manual 2021 – 2022

All used pictures are from Canva.

## Review and Audit

The content of this booklet was written and reviewed by clinical nutrition specialists at King Fahd University Hospital

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