

Food Survival Guide During a Crohn's or Colitis Flare



Congratulations on taking this empowered step to help you manage your IBD and reduce flares.

If you've been feeling confused around what to eat during a flare, you're not alone! This often leads to a limited diet, weight loss, and fatigue.

In this guide, please find some general suggestions on foods to add that may be beneficial to get you through this flare! However, please note: these suggestions are meant to be followed temporarily/short-term until you're feeling better!

Ultimately, consulting with a registered dietitian nutritionist is recommended to develop a personalized eating plan that considers your particular food triggers, taste preferences, nutritional needs and goals, and lifestyle.

Why listen to me?



When I first met my husband, he associated all food with pain and diarrhea, and was literally afraid to eat. This fear of eating caused him to lose a significant amount of weight (he is 6 feet and weighed 140 pounds in the picture on the left).

Upon working together, we learned that he's lactose

intolerant, but also has sensitivities to artificial sugars, red meat, caffeine, and alcohol. By focusing more on foods that made him feel good, eating the macros and micronutrients to give him energy, and learning which foods actually did cause pain, discomfort, and digestive issues, we lowered the pain after eating, improved his digestive issues, and slowly but surely removed the fear and anxiety from eating!

Since we've been together, I'm proud to report my husband has gained a healthy amount of weight (he weighs 175 pounds in the picture on the right) to feel better and have enough energy to make it through the day.

I'm now honored to have helped hundreds of people with IBD eat well for their Crohn's or colitis!



9 Food Tips to Consider During a Flare

Follow a low-residue diet to relieve abdominal pain and diarrhea.

- A low-fiber diet can be useful for short-term control of gastrointestinal symptoms and to reduce the amount of stool output.
- A low-fiber diet typically contains 10-12 grams of fiber per day.

Avoid foods that may increase stool output

- Some foods that can increase stool output are prunes, caffeinated beverages, and raw fruits and veggies.

If you have lactose intolerance, follow a lactose-free diet

- Lactose intolerance causes gas, bloating, cramping and diarrhea 30 to 90 minutes after eating milk, ice cream or large amounts of dairy.
- A breath hydrogen test may confirm suspicions of lactose intolerance.

Decrease concentrated sweets in your diet

- Foods such as juices, candy, and soda can pull water into your intestine, which may contribute to watery stools and diarrhea.

If you have strictures:

- It is especially important to avoid nuts, seeds, beans, and kernels.

Decrease alcohol consumption

- Alcohol causes the majority of people with IBD to experience worse symptoms.
- Side effects of even moderate alcohol consumption may include gut irritation, diarrhea, and bleeding.

Try incorporating more omega-3s in your diet

- These fats may have an anti-inflammatory effect.
- They are especially found in fish, including salmon, mackerel, herring, and sardines.

Try having small, frequent meals

- Smaller portions consumed at more frequent intervals throughout the day are better tolerated by the gut
- Small, frequent meals can also maximize nutritional intake as it provides you with more opportunities to fit in nutrient-dense foods throughout the day

If your appetite is decreased and solid foods not tolerated well, consider taking nutritional supplements

- Your nutrient needs may be increased during a flare.
- Not eating can lead to weight loss, nutrient deficiencies, and malnutrition. And malnutrition compromises the gut's ability to digest and absorb food properly!
- If you're not able to eat, talk to your doctor or registered dietitian nutritionist about your nutritional supplement options.

Sample 1-Day Menu During a Flare

Breakfast

- 1 cup puffed rice cereal
- 1 cup vanilla soy milk
- 1/2 ripe banana

Morning Snack

- 2 graham cracker rectangles
- 1 cup decaffeinated tea

Lunch

- 2 cups chicken rice soup
- 1/4 cup chicken, added to soup
- 1/4 cup cooked carrots
- 1 slice white toast
- 1 tsp jelly
- 1/2 cup applesauce

Afternoon Snack

- 3 saltine crackers
- 1 cup fruit juice, pulp-free

Dinner

- 4 to 6 oz baked fish with squeeze of lemon
 - 1 tablespoon breadcrumbs
 - 1 teaspoon butter or margarine
- 1/2 baked potato, without skin
- 1/2 cup green beans, cooked well
- 1 1/2 cups water or other caffeine-free beverage

Want More Personalized Recommendations?

Still feeling confused around what foods to eat? I help my clients implement a highly personalized nutrition plan that brings clarity around which foods to add that may be beneficial, reduces fear and anxiety around eating, reduces inflammation, and ultimately helps them to get their lives back.

Want to chat more about your specific situation and see if we're a good fit to work together?

Apply for a complimentary 30-minute virtual consultation!



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Danielle is a Registered Dietitian Nutritionist (RDN) and founder of Eat Well Crohn's Colitis, a virtual tele-nutrition practice in the United States. Danielle's mom needed two feet of her intestines removed (she had an ileostomy that was ultimately reversed) and her husband has Crohn's disease. Understanding the link between nutrition and gut disease prompted Danielle to obtain her master's degree in Nutritional Sciences, become a registered dietitian, and ultimately specialize in nutrition for people with IBD.