

Food Survival Guide During a Crohn's or Colitis Flare



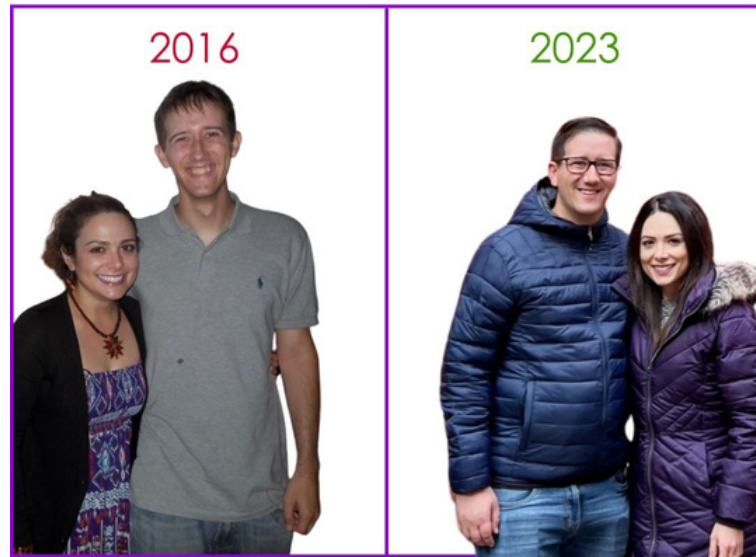
Have you been feeling confused around what to eat during a Crohn's or colitis flare? Has this led to a limited diet, weight loss, and fatigue?

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

Ultimately, consulting with a registered dietitian nutritionist who specializes in inflammatory bowel disease (IBD) 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?

meet my husband with Crohn's



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 205 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 Quick Food Tips to Consider During an IBD Flare

Follow a lower-fiber diet to relieve abdominal pain and diarrhea

- A lower-fiber diet may 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.
- Ask your healthcare team how much fiber is appropriate for your health situation.

Limit 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.

9 Quick Food Tips to Consider During an IBD Flare

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. Eat small meals or snacks every 3 or 4 hours. Do not skip meals.
- 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 drink/shake 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 drink supplement options.

Flare Sample 1-Day Menu

Breakfast

- 2 scrambled eggs
- 1 teaspoon olive oil
- 1 slice white sourdough toast
- 1 ripe banana

Morning Snack

- 1 cup lactose-free nutrition drink supplement
- 6 saltine crackers
- 1 tablespoon smooth peanut butter

Lunch

- 3 ounces tuna
- 1 tablespoon mayonnaise
- 10 wedges baked potato without skin
- 1 snack cup or pouch unsweetened applesauce

Afternoon Snack

- 1 cup puffed rice cereal
- 1/2 cup plant-based or lactose-free milk

Dinner

- 3 ounces baked chicken breast
- 1 cup white rice
- 1/2 cup cooked carrots
- 1 cup melon (cantaloupe, honeydew, watermelon)

Evening Snack

- 1 cup lactose-free nutrition drink supplement

Flare Vegetarian (Lacto-Ovo)

Sample 1 Day Menu

Breakfast

- 2 scrambled eggs
- 1 teaspoon olive oil
- 1 slice white sourdough toast
- 1 ripe banana

Morning Snack

- 1 cup lactose-free nutrition drink supplement
- 6 saltine crackers
- 1 tablespoon smooth peanut butter

Lunch

- 1 veggie burger
- 10 wedges baked potato without skin
- 1 snack cup or pouch unsweetened applesauce

Afternoon Snack

- 1 cup puffed rice cereal
- 1/2 cup plant-based or lactose-free milk

Dinner

- Stir fry made with:
 - 1/2 cup tofu
 - 2/3 cup white rice
 - 1/2 cup cooked carrots
 - 2 teaspoons avocado oil
- 1 cup melon (cantaloupe, honeydew, watermelon)

Evening Snack

- 1 cup lactose-free nutrition drink supplement

Flare Vegan Sample 1 Day Menu

Breakfast

- 1/2 cup cream of rice
- 1 slice white sourdough toast
- 2 teaspoons margarine, soft, tub
- 1/2 small ripe banana

Morning Snack

- 1/2 scoop protein powder
- 1/2 cup almond milk fortified with calcium, vitamin B12, and vitamin D

Lunch

- Stir fry made with:
 - 1/2 cup tofu scramble
 - 1 cup rice noodles
 - 1/2 cup cooked green beans
 - 2 teaspoons avocado oil
- 1 snack cup or pouch unsweetened applesauce

Afternoon Snack

- 1 cup puffed rice cereal
- 1/2 cup soymilk fortified with calcium, vitamin B12, and vitamin D

Dinner

- Stir fry made with:
 - 1/2 cup tofu
 - 2/3 cup white rice
 - 1/2 cup cooked carrots
 - 2 teaspoons avocado oil
- 1 cup melon (cantaloupe, honeydew, watermelon)

Evening Snack

- 1 rice cake
- 6 ounces plain soy yogurt

YOU'RE COMMITTED AND READY TO MAKE CHANGES

*But if you want to get to the next level, you need a **tried** and **true** roadmap.*



I have a 5-Step approach designed to help you get results and save time:

- Find your food triggers to reduce symptoms.
- Personalize your nutrition for a healthy gut.
- Build confidence to eat without fear.
- Get back to a healthy weight and improve energy levels.
- Manage flares and lower inflammation with diet.

[**Read What Others Have to Say**](#)

I'm NOT here to teach you one-size-fits-all strategies or to convince you to invest in one-hit wonders.

I'm an IBD Registered Dietitian Nutritionist and I want you to know: I don't just counsel people with inflammatory bowel diseases. I live with someone who has one.

Learn more about how I helped my husband, Ari, remove his fear and anxiety from eating and gain weight, and why I have a passion for helping people with IBD here:

[**About Danielle**](#)

Want more personalized recommendations?

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

Apply for a complimentary 45-minute virtual consultation!

[**Schedule Your Free-45-minute Chat**](#)



Danielle Gaffen
MS, RDN, LD

Danielle Gaffen is a registered dietitian nutritionist with a passion for helping people with inflammatory bowel disease (IBD), including Crohn's disease and ulcerative colitis. She has a Bachelor of Arts in Kinesiology from Rice University, Masters of Sciences in Nutritional Sciences and Didactic Program for Dietetics from San Diego State University, and completed her dietetic internship through the Utah State University.

With a personal connection to IBD, Danielle understands the challenges that patients face and is committed to providing practical and evidence-based guidance to help them achieve better health outcomes. She founded Eat Well Crohn's Colitis to provide nutrition coaching and support for individuals with IBD, as well as to raise awareness and promote education about IBD and its management.

In addition to her work at Eat Well Crohn's Colitis, Danielle volunteers for the Crohn's and Colitis Foundation to support individuals with IBD and the United Ostomy Associations for America to support individuals with ostomies.

Danielle's expertise in IBD and nutrition has been recognized by various organizations, and she has been invited to speak at national conferences and webinars. She is a member of several professional organizations, including the Academy of Nutrition and Dietetics and the Crohn's and Colitis Foundation. Overall, Danielle is dedicated to helping people with IBD improve their quality of life through personalized nutrition interventions and education.

Meet
DANIELLE GAFFEN

Still have questions?

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