

Healthy Eating Recommendations for IBD

When you are feeling well or in remission is very important to stay nourished and hydrated. The following guidelines will help you stay healthy:

- Use Canada's Food Guide to help you plan healthy, balanced meals.
- Consume "whole", minimally processed foods.
- Increase your intake of fruit and vegetables*. Fill ½ your plate with a variety of fruit and vegetables with different tastes, colours and textures, at every meal.
- Enjoy a variety of whole grains* such as whole grain breads, cereals and pasta, brown or wild rice, quinoa and oats. Fill one quarter of your plate with whole grains.
- Eat protein from a variety of sources, including plant proteins. At least one quarter of your plate should include protein foods such as:
 - Legumes and lentils*
 - Soy products i.e. tofu, fortified soy beverage
 - Nuts and seeds*
 - Poultry, without the skin
 - Fish and shellfish
 - Eggs
 - Lean meat, trimmed of fat*
 - Lower fat dairy products such as milk, yogurt and cheese
- Consume healthier fats from plant sources such as olive, canola, flaxseed and soybean oils, nuts/seeds*, nut/seed butters and avocado and from fatty fish such as salmon, mackerel, herring, trout and sardines.
- Decrease your intake of highly processed foods such as:
 - processed meats like deli meats and sausages
 - salty snacks like chips
 - sweet desserts, candy and chocolate
 - frozen entrees like pasta dishes and pizza
 - fast foods like fries and burgers
- Drink adequate fluids, at least 8 cups (2 L) per day. It's best to quench your thirst with plain or naturally flavoured water instead of sugary beverages like pop or juice.

Vitamin and mineral deficiencies can occur over time depending on the type of IBD, nutritional intake, medication, previous surgery and degree of malabsorption. The main nutrients that may be at risk include iron, folate, vitamin B12, calcium, fat-soluble vitamins A, D, E and K, magnesium, potassium and zinc. It is important to be tested for vitamin/mineral deficiencies on a regular basis and speak to your health care provider or dietitian about food sources of these nutrients and/or the need for a vitamin/mineral supplement.

*(If you have a stricture (narrowing of the bowel) or obstruction, you may need to avoid high fibre foods (especially insoluble fibre) and tough meat or gristle. It may also help to have small frequent meals/snacks and to chew food thoroughly.)