

NUTRITION BASICS *for* IBD

IN PARTNERSHIP WITH UK COLLEGE OF MEDICINE

NUTRITION FOR CHRON'S DISEASE AND ULCERATIVE COLITIS

Crohn's disease and ulcerative colitis (UC) are the two illnesses categorized as Inflammatory Bowel Disease (IBD). Crohn's is defined by chronic inflammation of the entire GI tract, and may occur from mouth to anus. UC occurs in the colon, when ulcers and inflammation develop as the result of an immune response. While diet can be therapeutic during an IBD flare, diet alone is not the cause. Some evidence indicates that a diet rich in whole foods and lower in saturated fat may be protective, there are many other factors impacting risk. Additionally, food itself does not induce inflammation, it can worsen symptoms like diarrhea, abdominal pain, and bloating. Certain foods are common triggers that worsen symptoms during a flare, but each patient will need to explore their own tolerances.

COMMON TRIGGER FOODS

- Insoluble fiber
 - raw fruits and vegetables, especially those where the skin is eaten
- Concentrated sweets
 - baked goods, candy, and sugar sweetened beverages
- High fat foods
- Ultra- processed foods that contain emulsifiers and additives
 - potato chips, packaged snacks
- Sugar alcohols
 - Found naturally in some foods including pineapples, olives, asparagus, sweet potatoes and carrots
 - Zero calorie sugar substitutes
- Caffeine and alcohol



Crohn's disease and Diet. Academy of Nutrition and Dietetics: eatright.org. (n.d.). <https://www.eatright.org/health/health-conditions/digestive-and-gastrointestinal/crohns-disease-and-diet>

THE FOOD AS HEALTH ALLIANCE PRESENTS

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NUTRITIONAL CONCERN WITH CROHN'S AND ULCERATIVE COLITIS

MALNUTRITION

Several issues associated with IBD can lead to malnutrition including frequent diarrhea, reduced appetite, bloody stool, and malabsorption. Common deficiencies in these patients include calcium, Vitamin D, B12, folate, iron, magnesium, B6, and zinc. Common complications include loss of bone strength, delayed growth, and other symptoms of vitamin deficiency. Patients with severe malnutrition may require enteral nutrition.

DISORDERED EATING

Patients experiencing IBD are more susceptible to disordered eating, particularly Avoidant restrictive food intake disorder (ARFID). Negative reactions and unpleasant symptoms may cause them to avoid or even fear food. While this disorder does not impact body image, it may still lead to the negative health outcome associated with other disordered eating patterns.

MALABSORPTION

Inflammation from IBD interferes with both digestion and absorption, which can lead to a variety of nutrient deficiencies. In the small intestine, it causes problems digesting food and absorbing nutrients, and in the colon there are problems absorbing water and electrolytes. The level of malabsorption will depend on the amount of inflammation and where it is located in the tract.

DECREASED BONE STRENGTH

Deficiencies of calcium and Vitamin D as a result of malabsorptive disorders or bacterial overgrowth can lead to weakened bones and teeth. Certain treatments such as corticosteroids can also increase risk of osteoporosis.

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CHICKEN APPLE HARVEST SKILLET

MAKES 4 SERVINGS

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1.5lb chicken breast (about 2 breasts), cubed
- 1 medium sweet potato, peeled and diced
- 2 apples, peeled and diced
- 1 bunch collard or turnip greens, stems removed and sliced into thin ribbons
- 1 cup apple cider or 100% apple juice
- 2 teaspoon fresh thyme, chopped or ½ teaspoon dried thyme
- ½ teaspoon ground cinnamon
- ¼ teaspoon each salt and pepper

INSTRUCTIONS

1. Heat 1 tablespoon olive oil in an oven safe pan over medium heat.
2. Cook chicken breast until browned on all sides . about 7-10 minutes, then remove and set aside.
3. In the same pan, heat the remaining tablespoon olive oil.
4. Sauté the sweet potato, apples, and greens for 5-7 minutes until they begin to soften.
5. Return chicken to pan.
6. Add in apple cider, thyme, cinnamon, salt, and pepper.
7. Stir well to combine.
8. Simmer over low to medium heat until vegetables are tender, and most of the chicken stock has evaporated, 5-7 minutes.
9. Confirm chicken is cooked through and the internal temperature reaches 165°F prior to serving.

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NUTRIENT DEFICIENCIES

As with any restrictive diet, macro and micronutrient deficiencies are common. During an active flare of CD or UC, patients need high amounts of protein (1.5g/kg) and this recipe has 45g per serving. With a lactose free diet, alternate calcium sources are needed. Thanks to Ca rich collard greens, this recipe has 434mg of Ca (35% DV). Anemia is also a risk, so the chicken and collard greens provide 2mg iron (10% DV).

FIBER

With both Crohn's and UC, insoluble fiber can worsen symptoms during a flare. Patients should still be encouraged to consume processed grains and some fruits and vegetables. However, they should be peeled and cooked until soft which is the case with the apples and sweet potatoes in this meal.

AVOIDING TRIGGERS

This recipe is:

- Lactose free
- No added sugar or sugar alcohols
- Free of raw vegetables and vegetable skins
- Caffeine free
- Low-fat

Nutrition Facts	
servings per container	
Serving size	(513g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 210mg	9%
Total Carbohydrate 29g	11%
Dietary Fiber 9g	32%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 434mg	35%
Iron 2mg	10%
Potassium 627mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fact sheet general nutritional considerations for IBD patients. Crohn's and Colitis Foundation. (2017, January). <https://www.crohnscolitisfoundation.org/sites/default/files/legacy/science-and-professionals/nutrition-resource-/nutrition-fact-sheet-for.pdf>