

FOOD AS HEALTH *Alliance*

UK University of
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NUTRITION FOR INFLAMMATORY BOWEL DISEASE

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IBS OR IBD?

- Irritable Bowel Syndrome (IBS) is a cluster of symptoms, so the nutrition therapy will depend on the symptoms
 - example: IBS-C will require extra fiber versus IBS-D which may react negatively to fiber
- IBS is often treated with the low FODMAP diet which is an elimination diet focused on fermentable sugars

Inflammatory Bowel Disease (IBD) includes Crohn's and ulcerative colitis (UC) which are associated with severe nutritional risks and must be carefully managed.





NUTRITION AND RISK

- 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.
- Food itself does not induce the acute inflammation during a flare, but it can worsen symptoms like diarrhea, abdominal pain, and bloating.
- Certain foods are common triggers that worsen symptoms during a flare
- Each patient will need to explore their own tolerances.



COMMON TRIGGER FOODS

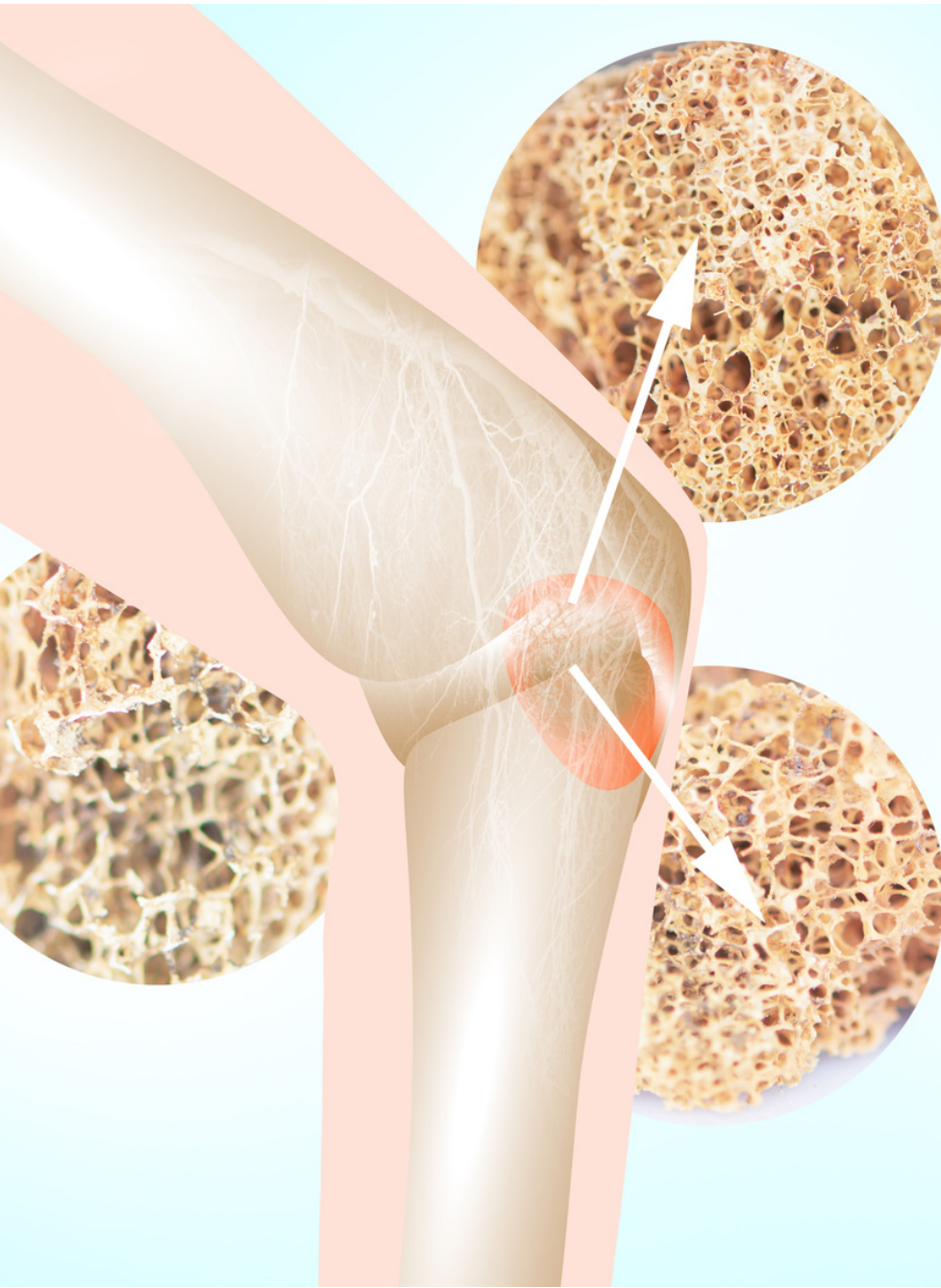


- Insoluble fiber
 - raw fruits and vegetables, especially those where the skin is eaten
- Concentrated sweets
 - baked goods, candy, and sugar sweetened beverages
- High fat foods
- Ultra- processed foods that contain emulsifiers and additives
 - potato chips, packaged snacks
- Sugar alcohols
 - found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

MALNUTRITION

- Frequent diarrhea, reduced appetite, bloody stool, and malabsorption.
- Deficiencies include calcium, Vitamin D, B12, folate, iron, magnesium, B6, and zinc.
- Complications include loss of bone strength, delayed growth, and other symptoms of vitamin deficiency.
- Patients with severe malnutrition may require enteral nutrition.





MALABSORPTION

- Inflammation from IBD interferes with both digestion and absorption.
- In the small intestine, it causes problems digesting food and absorbing nutrients.
- 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 (SIBO) can lead to weakened bones and teeth.
- Certain treatments such as corticosteroids can also increase risk of osteoporosis.



EXAMPLE MEAL

- Fruits and vegetables should be peeled and cooked until soft.
- Protein should be high (1.5g/kg/day).
- Lactose free diet so the pt will need alternate calcium sources.
- Anemia risk indicates a need for additional iron.

Nutrition Facts	
servings per container	
Serving size	(513g)
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Amount per serving	
Calories	390
<hr/>	
	% 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	
<hr/>	
Vitamin D 0mcg	0%
Calcium 434mg	35%
Iron 2mg	10%
Potassium 627mg	15%
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<small>*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.</small>	



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THANK
YOU!

