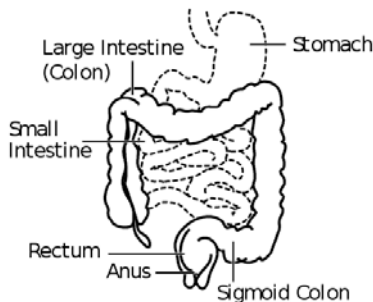


Dietary Advice for Inflammatory Bowel Disease in Adults



There are two main types of Inflammatory Bowel Disease (IBD):

- Ulcerative Colitis
- Crohn's Disease.

When you eat and drink, food travels through your digestive system.

- In Crohn's disease, any part of the digestive system can be inflamed but it is most common in the last part of the small intestine (terminal ileum) or first part of the large intestine (colon), which may reduce absorption of nutrients (vitamins and minerals).
- In Ulcerative Colitis, the rectum is affected and may involve the large intestine (colon), which affects absorption of water and salts resulting in watery stools.

Symptoms

- People may go for long periods of remission and have no or very mild symptoms. This can be followed by periods where symptoms flare up and become troublesome.
- Symptoms during a flare-up can include:
diarrhoea, nausea, vomiting, abdominal pain and loss of appetite
- These symptoms can make eating and drinking difficult, with many people losing weight and becoming dehydrated.
- You may be referred to a Registered Dietitian for specific dietary advice depending on your symptoms.

Diet during a flare-up

- Small, frequent meals and snacks may be easier to manage than three larger meals if your appetite is poor.
- Nourishing drinks such as drinking chocolate, full fat (whole) milk, or biscuits and sugary desserts, in addition to meals will supply extra calories.
- It can be easy to become dehydrated when you have diarrhoea or are vomiting:
 - aim to drink plenty of fluids.
 - avoid caffeine and alcohol – they can worsen diarrhoea
 - avoid fizzy drinks - they can cause flatulence (wind).
- A diet lower in fibre can help relieve symptoms such as cramping and flatulence, and reduce the amount and frequency of stools passed

Low fibre advice:

Foods to include	Foods to avoid
White bread Rice Krispies, Corn Flakes White rice or pasta Peeled vegetables, e.g. peeled potatoes and carrots The body of cooked, tinned or fresh fruit, e.g. peeled and cored apples or pears, or tinned peaches Fruit or vegetable juices (smooth options)	Wholegrain/wholemeal cereals Wholemeal bread or pasta Brown rice Lentils, chickpeas, beans & pulses Nuts & seeds Potato skins Raw vegetables and salad, e.g. onions, celery, sweetcorn Skin, pith and seeds, e.g. skins and seeds of grapes or apples, tomatoes Dried fruit

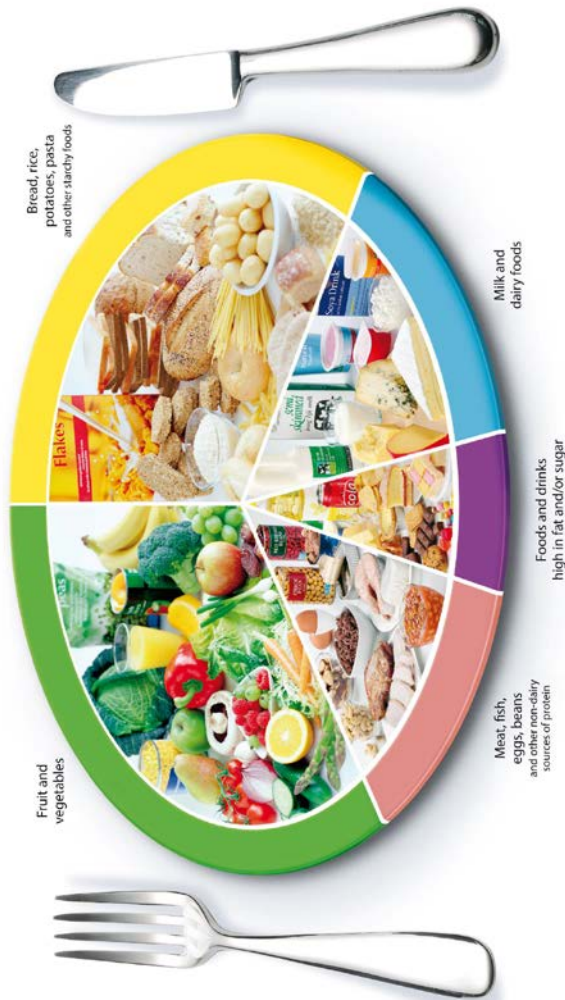
- Once a flare-up has resolved you should be able to return to your healthy, balanced diet and efforts should be made to reintroduce fibre gradually.

Diet during remission

- It is important you eat a healthy, balanced diet when feeling well in order to maintain a healthy weight and keep yourself as well-nourished as possible in case of a flare-up. The eatwell plate overleaf illustrates the proportion of the food groups you should be having in your daily diet.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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- Base meals on starchy carbohydrates (potato, rice, bread, pasta, breakfast cereals).
- Eat at least five portions of fruit and vegetables daily

Fruit and vegetable portion sizes

- 3 tablespoons of any vegetables
- 1 bowlful of salad
- 1 apple, 1 orange, 1 banana
- 2 small fruits, e.g. 2 plums, satsumas or kiwi fruits
- 1 slice of melon or pineapple
- 1 handful of berries or grapes
- 1 tablespoon of dried fruit
- 1 small glass (150ml) of fruit juice



- Have three portions of dairy produce (milk, cheese, yoghurts) every day to provide protein and calcium.
- Have two portions of protein foods (meat, fish, eggs, pulses, nuts) each day which are essential for growth and repair and provide iron.
- Some foods are harder to digest than others, such as fruit skins, wholegrain, brown and wild rice, seeds, pulses, nuts, raw fruits and raw vegetables.
 - it is advisable to reintroduce these foods one at a time in order to avoid discomfort if you have been on a low fibre diet.

Useful contacts:

- Crohns and Colitis UK (NACC) 4 Beaumont House, Sutton Road, St. Albans, Hertfordshire, AL1 5HH. Support line: 0845 1303344. www.crohnsandcolitis.org.uk
- Digestive Disorders Foundation, c/o CORE, Freepost LON4268, London, NW1 0YT. Tel. 020 74860341 www.corecharity.org.uk
- The British Dietetic Association: www.bda.uk.com

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