

Sick Day Diet for IBD

There is no proven food or diet that can cause a flare in patients with IBD. However, some foods may cause more GI discomfort or pain. A fiber- and residue- restricted diet is recommended during sick days or flares. This diet provides less than 10 grams of fiber per day and allows for the bowel to rest. It is only intended for short term use.

Purpose: The fiber- and residue- restricted diet is designed (1) to minimize the frequency and volume of fecal output while prolonging intestinal transit time and (2) to prevent blockage of a narrowed gastrointestinal tract.

Use: This diet can be used during acute phases of ulcerative colitis or Crohn disease. This diet may also be used preoperatively, to minimize fecal volume and residue; and postoperatively, during the progression to a general diet.

What modifications need to be made: in planning a fiber-restricted diet indigestible carbohydrate intake is reduced by limiting intake of fruits and vegetables to small amounts of well-cooked or canned vegetables and canned/cooked/or very ripe fruits. Secondly whole grain breads and cereals need to be replaced with refined products. Lastly, legumes, seeds and nuts are omitted.

Food Group	Recommended	May cause discomfort
Beverages	Milk*, fruit juices (except prune juice), vegetable juice (V8), liquid supplements	Any containing fruit or vegetable pulp; prune juice, caffeine, carbonation
Breads	Refined breads, rolls, biscuits, muffins, crackers; pancakes or waffles; plain pastries; flour tortillas	Any made with whole-grain flour, bran, seeds, nuts, coconut, or raw or dried fruits; cornbread
Cereals	Refined cooked cereals and refined dry cereals	Oatmeal; any whole-grain, bran or granola cereal; any containing seeds, nuts, coconut, or dried fruit
Desserts/Sweets	Plain cakes and cookies; pie made with allowed fruits; plain sherbet, fruit ice, frozen pops; yogurt, gelatin and custard; jelly; plain hard candy; marshmallows; ice cream as tolerated*	Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit
Fats	Margarine, butter, salad oils and dressings, mayonnaise; bacon; plain gravies	Tartar sauce; non-smooth salad dressings
Fruits	Most canned or cooked fruits; applesauce; fruit cocktail; ripe banana	Dried fruit; all berries; most raw fruit
Meat/Meat substitutes	Ground or well-cooked, tender beef, lamb, ham, veal, pork, poultry, fish; eggs; cheese; tofu. Lean meats are often better tolerated	Tough, fibrous meats with gristle; any made with whole-grain ingredients, seeds or nuts; dried beans, peas, lentils, legumes, peanut butter
Potato/Potato substitutes	Cooked white and sweet potatoes without skin; white rice; refined pasta	All others
Soups	Bouillon, broth or cream soups made with allowed vegetables, noodles rice or flour	All others
Vegetables	Most well-cooked and canned vegetables without seeds except those excluded; lettuce (if tolerated); strained vegetable juice	Sauerkraut; winter squash; peas, broccoli, cauliflower, cabbage, corn; most raw vegetables; vegetables with seeds
Miscellaneous	Salt, pepper, sugar, spices, herbs; vinegar; ketchup, mustard	Nuts, coconut, seeds, raisins and popcorn

* Lactose may cause problems in some individuals. Lactose free milk, yogurt and cheese in small amounts may still be okay for many individuals

Sample Menu for a sick day:

Breakfast	White toast with butter or margarine or jelly, 2 eggs, 1 cup milk
Snack	½ cup applesauce, string cheese
Lunch	Lean beef patty, hamburger bun without seeds, canned fruit cocktail, well-cooked carrots, 1 cup milk
Snack	Vanilla wafer cookies, Ensure/Boost/Carnation Breakfast Essentials/Nature's One (lactose free)
Dinner	Chicken breast/baked chicken strips, ½ cup mashed potatoes or ½ cup rice, canned green beans, white roll, water/pulp free juice
Snack	Sherbet ½ cup

Helpful Tips:

- Drink plenty of fluids
- Eat frequent small meals and snacks as it may be better tolerated than large meals
- Some milk products containing lactose may be poorly tolerated
- If appetite is decreased, try to eat higher calorie/higher protein foods
- May use nutritional supplement such as PediaSure or Boost
- Remember: every person tolerates foods in different ways, but usually fatty food, spicy food, corn, popcorn, nuts, seeds, fruit, beans, red meat, coffee, soda, and alcohol are to be avoided during a flare.

References:

- Crohn's & Colitis Foundation of America: www.ccfa.org
- Hartman E, Shamir R "Nutritional Status and Nutrition Therapy in Inflammatory Bowel Disease". World J Gastroenterology 2009 July 7; 15 (21): 2570-6