



# Nutrition In Ulcerative Colitis

ULCERATIVE  
COLITIS

## ► Diet With Special Carbohydrates ◀

The gut does not properly digest or use certain grains and sugars. Eating foods that contain these compounds causes intestinal bacteria multiply very quickly, leading to overproduction of mucus. This contributes to the intestinal damage cycle that causes the symptoms of ulcerative colitis.

## ► What You Can Eat In Your Diet With Certain Carbohydrates: ◀

More fruits and vegetables , Nuts , Milk and other dairy products with low lactose sugar , Meat , Egg , Butter , Oils

## ► Unauthorized Foods In The Diet ◀

Potatoes , Beans , Processed meats , Grains , Soy , milk , Sugar , Chocolate , Margarine

## ► Low FODMAP Diet ◀

Low FODMAP diet is similar to diet with certain carbohydrates. Both diets assume that simple carbohydrates and sugars in the gut cause bacterial overgrowth and symptoms of ulcerative colitis. However, the components of this diet are slightly different.

## ► What You Can Eat On a Low FODMAP Diet: ◀

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Bananas , blueberries , grapefruit , honey , Carrots , celery , corn , eggplant , lettuce , All meats and other protein sources , Nuts , Rice , oats , Hard cheese , Maple syrup.



## ► What You Cannot Eat On a Low FODMAP Diet: ◀

Apples , apricots , cherries , pears , watermelons , Brussels sprouts , cabbage , legumes , onions , artichokes , garlic , leeks , Wheat , rye , Milk , yogurt , soft cheese , ice cream , Sweeteners , High fructose corn syrup

## ► Gluten-free Diet ◀

Gluten is a protein found in grains such as wheat, rye and barley.

## ► Prohibited Foods In a Gluten-Free Diet: ◀

Wheat, barley, rye and oats ,Processed products such as beer, cakes, bread, pasta

## ► Mediterranean Diet ◀

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The Mediterranean diet includes fruits and vegetables, chicken, fish, dairy, whole grains, nuts, seeds, olive oil and red wine, and red meat is only available in small amounts, which generally reduces inflammation.

## ULCERATIVE COLITIS



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No diet has been proven for ulcerative colitis, but a few diets may help some people with the disease to keep their symptoms mild.

### ► Ulcerative Colitis ◀

Ulcerative colitis is an inflammatory bowel disease (IBD); a chronic disease for which there is currently no known cure. The main symptoms are inflammation of the large intestine and rectum, which causes a variety of symptoms in the gastrointestinal tract, including pain and bloody stools.

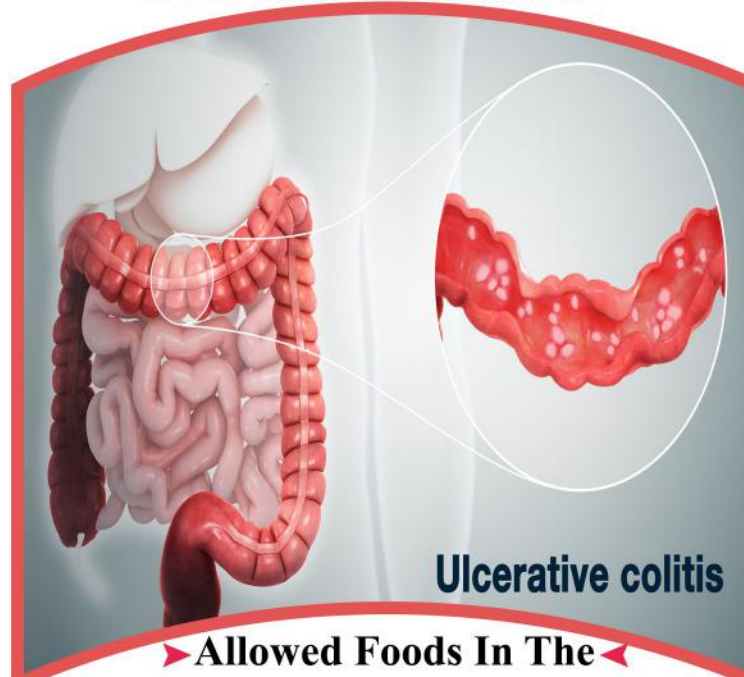
Lifestyle modifications and the use of medications such as anti-inflammatory drugs may help improve the symptoms. Ulcerative colitis can sometimes lead to complications that affect other parts of the body, including the joints, skin and eyes.

### ► Nutrition In Ulcerative ◀

For many people with ulcerative colitis, finding the right diet is a process of eliminating certain foods from the diet.

### ► Diet With Low Residue ◀

"Remnant" refers to foods that your body is unable to digest well and is eventually excreted in the feces. Sometimes the term "low fiber diet" is used instead.



### ► Allowed Foods In The Diet With Low Remnant: ◀

Milk, cobs, pudding or yogurt , Refined white breads, pasta and dry cereals with less than 1/2 gram of fiber per unit ,Butter ,

Cooked and soft meat such as chicken and fish , Peanuts and walnuts , Juice without pulp , Canned or compote fruits , Bananas , melons , cantaloupes , watermelons , plums , peaches and apricots , Lettuce , cucumber , zucchini and onion , Spinach , pumpkin , seedless yellow squash , carrots , eggplant ,potatoes and green beans , margarine , mayonnaise , oils , dilute sauces and tomato sauce , cream and dilute seasonings , Simple cakes , cookies , pies and jellies.

### ► Unauthorized Foods In The Diet With Low Remnant: ◀

Visceral red meats, Dried fruits, Berries, figs, plums and pineapples, Raw vegetables not listed above, Spicy sauces and pickles, Nuts, seeds and popcorn, Foods and beverages containing caffeine , cocoa and alcohol.