**Helpful links:**

1. Crohns and Colitis Canada “Food for Thought” Brochure - <http://crohnsandcolitis.ca/Crohns_and_Colitis/documents/english-brochures/2017-Food-For-Thought-EN-LR.pdf>
2. Canadian food guide:

<https://www.canada.ca/content/dam/hc-sc/documents/services/canada-food-guide/resources/stakeholder-toolkit/canada-food-guide-presentation-eng.pdf>

Diet and nutrition are a complex part of pediatric IBD. Food choices can influence the risk of developing disease. There is no clear singular cause of IBD but it is likely that food and environment play a role amongst other factors.

**Diet and risk of developing IBD**

* Reduced risk of IBD with a diet high in fruits and vegetables.
* Increased risk of IBD with diets high in animal fat, animal protein and refined sugar. These foods are common in a typical “western diet”
1. What food choices may help improve my (child’s) IBD when they are in remission?
	1. A MEDITERRANEAN-TYPE DIET (instead of a typical Western diet) has been shown to help prevent flares and better manage IBD. This means a diet high in fruits and vegetables, olive oil and oily fish, whole grains, nuts, minimally processed dairy, and lean proteins.
	2. It is important to remember that there is no “IBD Diet” that will cure your child’s IBD but your Doctor and Dietitian can help you make food choices that will support your child’s healthy growth and development.
	3. There is no recommended maximum portion size for many processed foods – generally the less often, the better. Your Dietitian can help you adapt these recommendation to your family and your child’s preferences.

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| Try this | Instead of |
| Whole Grains* Brown rice
* Whole Potatoes (mashed, roasted, boiled)
* Whole Wheat Pasta
* Oatmeal (add your own toppings)
* Cheerios or shredded wheat
* Brown bread
 | Refined Grains* White rice
* Frozen French fries or boxed mashed potatoes
* White Pasta
* Packaged pre-sweetened oatmeal
* Froot Loops or sugar added breakfast cereals
* White bread
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| Fruits and Vegetables* Whole, fresh fruit and vegetables
* Canned or frozen fruit and vegetables with no added salt or sauces
 |  Processed fruit and vegetables (with added sugars, thickeners, and emulsifiers)* Canned fruit
* Fruit leathers
* Fruit or Vegetable juice
* Fruit gummies
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| Unsaturated Fats and Oils* Olive oil
* Vegetable oils (canola, sunflower, flaxseed)
* Soft Margarine
 | Saturated fats* Butter, lard, shortening
* Hard margarine
* Deep fried foods
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| Lean Proteins* Chicken, turkey, and poultry
* Fish
* Beans, lentils, chickpeas
* Eggs
* Whole nuts, natural nut butters
 | Processed meats and proteins * Sausages, hot dogs, pepperoni
* Deli meats
* Peanut butter (with sugar added)
* Chicken nuggets
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| Dairy products* Milk (any fat percentage)
* Plain yogurt (add your own fruit, honey, or maple syrup for sweetener)
* Cheese
 | Dairy products with thickeners and sugars* Processed cheese slices
* Chocolate milk
* Sugar sweetened yogurt
* Ice cream
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| Drinks* Water
* White milk
 | Processed drinks* Pop
* Energy drinks
* Coffee
* Alcohol
* Sugar sweetened drinks (5 Alive, Sunny D, Kool Aid)
* Sugar alternative drink flavours (Mio, Crystal lite)
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