

eating for a healthier you: IBD

eat this

not that



Easily-digested, canned, soft, pureed or well-cooked fruits and juices without pulp

fruits

Dried fruits, including raisins, juice with pulp and fruits with skin



Easily-digested, cooked, pureed and canned veggies without skin

veggies

Gas-producing, high-fiber veggies and leafy greens



Pasta, oatmeal, potatoes, white bread and white rice

grains

Whole grain bread, brown rice and whole wheat pasta



Lean protein sources, like fish, poultry, eggs and tofu; smooth nut and seed butters

proteins

Tough, high-fat and processed meats; whole seeds, nuts and dried beans



Plant-based milk alternatives (soy, nut or rice milk)

dairy

Full-fat dairy products (cream, half & half, sour cream, ice cream)



Water, caffeine-free tea, decaffeinated coffee

beverages

Alcohol, drinks with caffeine and sugar-sweetened beverages (lemonade, soda, sweetened tea)



Scan the QR code for IBD nutritional and wellness resources and tasty recipes to help you feel your best!

