

Diet/Nutrition and IBD

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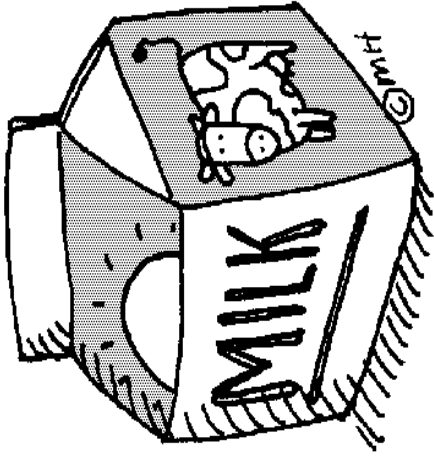


Why is this Important?

- ▶ Avoid or Precipitate Symptoms?
- ▶ Nutritional Deficiencies
- ▶ Improved Quality of Life
- ▶ No general applicable rule / concepts for all patients

Can the Wrong Diet Trigger IBD?

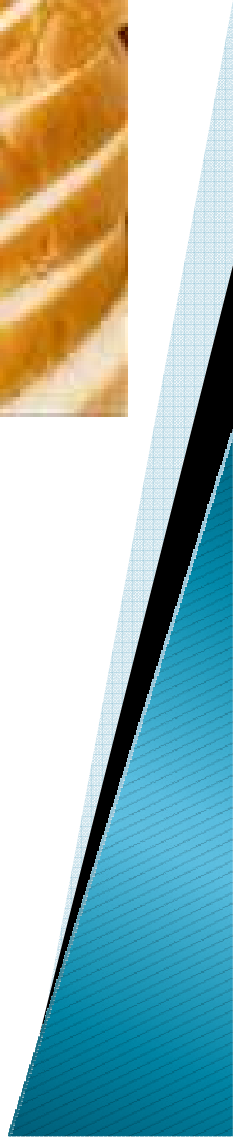
- ▶ Change in Incidence
- ▶ More common in Western countries
- ▶ Still Uncommon in underdeveloped countries



Clear Your Kitchen of Trans Fat

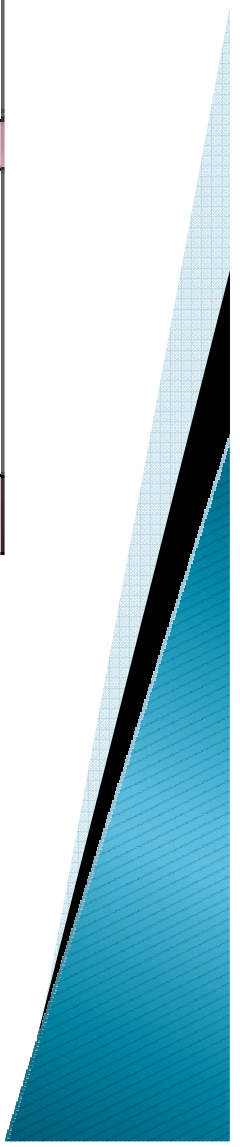
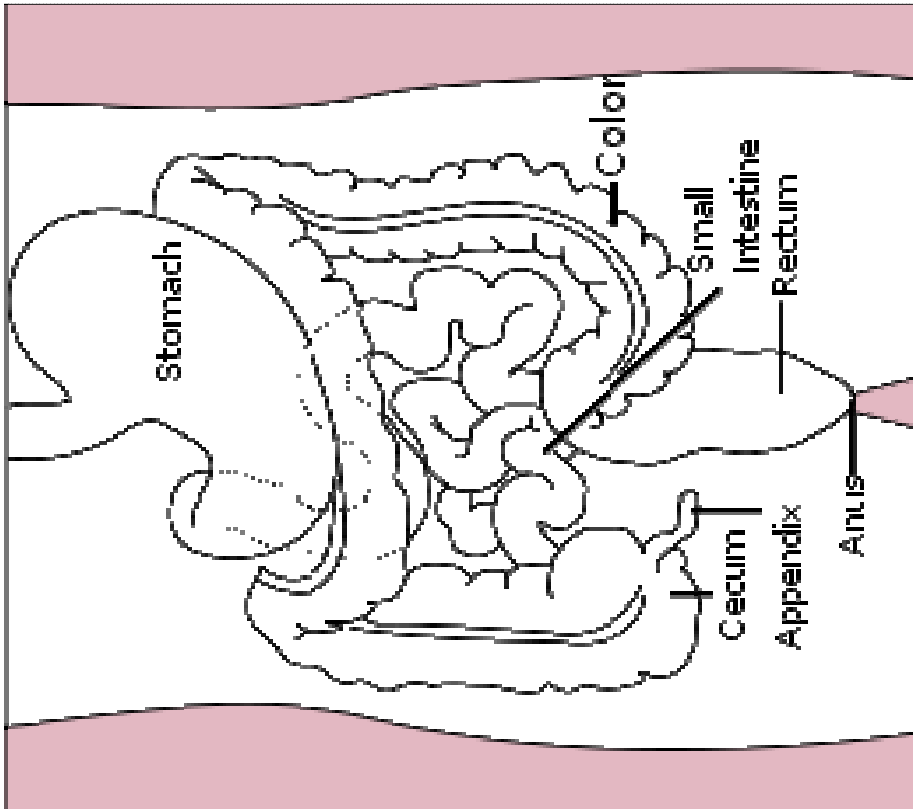
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- 1. CHANGE**
the way you cook. For example, use a non-stick pan instead of a frying pan. Use olive oil instead of butter.
- 2. CHOOSE**
healthy spreads. Use margarine instead of butter. Use peanut butter instead of margarine.
- 3. ORDER**
healthy foods. Ask for no trans fat. Ask for no margarine. Ask for no butter.



BUT.....

- ▶ An acute inflammatory Flare is not caused by “the wrong food or drink”
- ▶ No special diet in maintaining remission



Diet During an Inflammatory Flare

- ▶ Prevent malnutrition before it starts
- ▶ Adequate fluid intake
- ▶ Non-carbonated water
- ▶ Avoid – Juices, carbonated drinks, strong coffee
- ▶ Still – patients can eat
- ▶ Light Full Diet

Better Tolerated Food

- ▶ Meat – low in fat, avoid smoked meat/food
- ▶ Eggs – soft boiled
- ▶ Low-Fat Milk and Dairy products
- ▶ Potatoes, pasta
- ▶ Bread – Avoid Whole-grain
- ▶ Raw Fruit – Banana, melons
- ▶ Steamed and Cooked Fruit

- ▶ Boiled Vegetables
- ▶ Avoid Pickled, Raw Vegetables
- ▶ Drinks – Non-carbonated Drinks
Avoid – Alcohol, Coffee
- ▶ Snacks – low Fat

Diet as the acute Flare Resolves

- ▶ Inflammation resolves – Step wise progression to a normal Diet
- ▶ Small Frequent Meals (5)
- ▶ Report of Intolerance to individual foods
- ▶ Classical food allergies (IBD =Normal population)

However.....

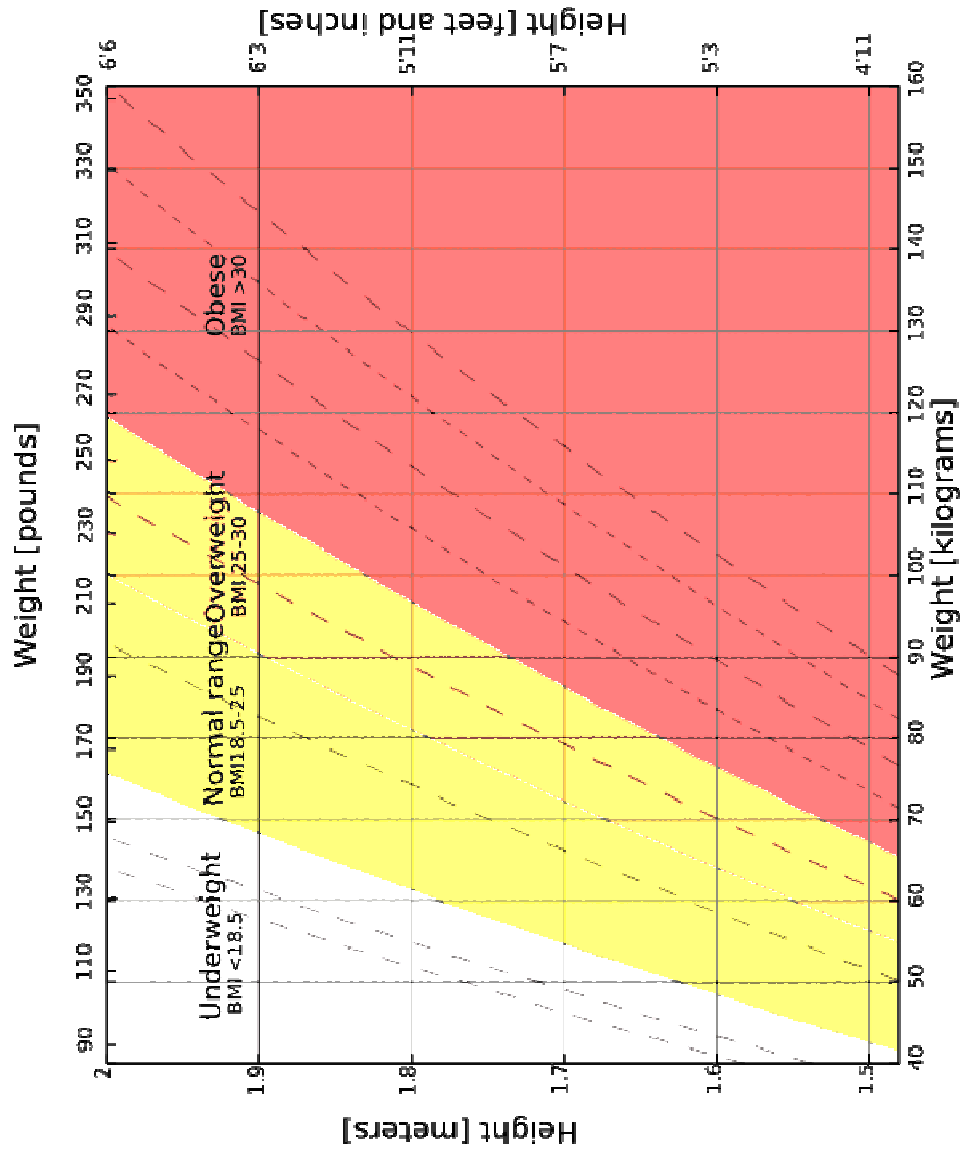
IBD patients react more with bloating, diarrhoea, pain

- ▶ Raw vegetables
- ▶ Fatty and fried Food
- ▶ Nuts
- ▶ Pickled food products
- ▶ Juices of acidic fruits
- ▶ Too cold, Too hot, Too spicy
- ▶ Products made for diabetics

Diet During the Inactive Phase

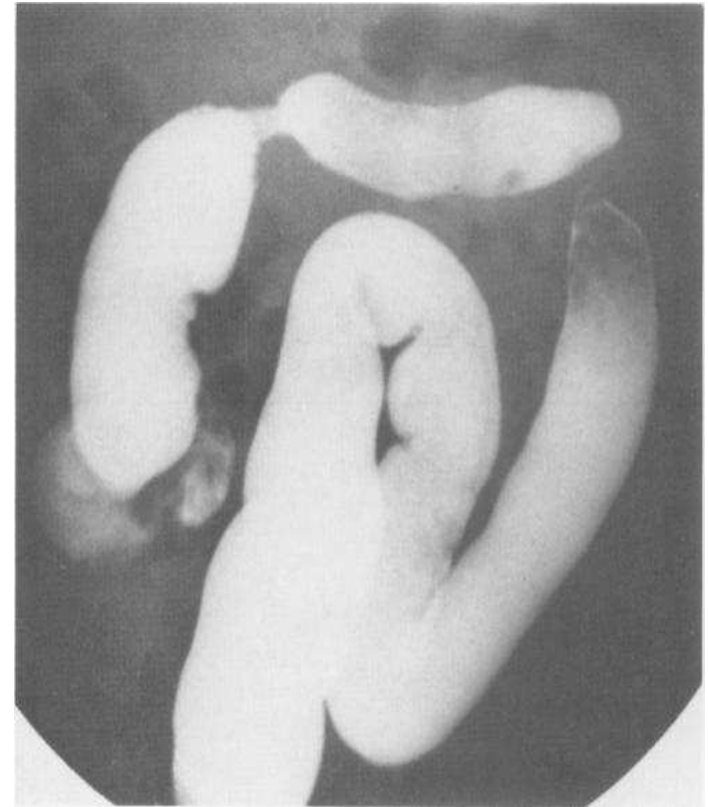
- ▶ Adequate and Balanced Diet
- ▶ BMI (Body–Mass index)
- ▶ Undesired Weight loss – Need Assessment

Body Mass Index (BMI)



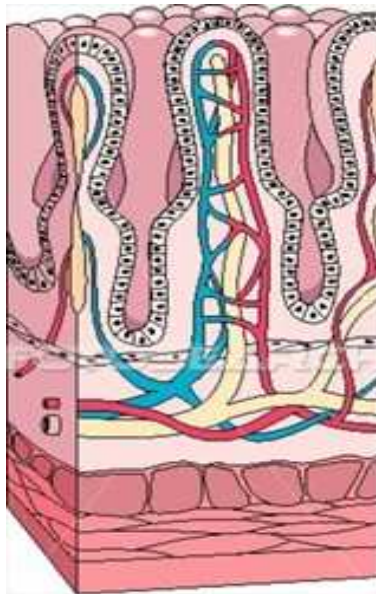
Diet in patients with Intestinal Strictures

- ▶ Crohn`s Disease
- ▶ Low Dietary Fibre
- ▶ Strained Foods
- ▶ Formula Diets with no fibre



Lactose Intolerance

- ▶ Temporary during a flare
- ▶ Inflammation → damage to mucosa



Decreased lactase production

- ▶ Remission – tolerate varying amounts of lactose
- ▶ Calcium Supplementation

Which Food contains Lactose

- ▶ Dairy Products
 - Yoghurt
 - Butter
 - Cheese
 - Milk
 - Ice-Cream / Sour Cream



Ready – to –eat Food Products

- Margarine
- Processed Meats
- Breakfast Cereals
- Processed Foods

Can I drink Alcohol?

- ▶ What is the effect on the Bowel ?
- ▶ What is the effect on the Liver ?
- ▶ Are there any Drug Interactions ?

Thank you