

Nutrition Basics for IBD

“The IBD Diet” – unfortunately there is really no such diet. Diet is very individual for people with IBD. A general rule is that during a ‘flair up’ stick to a low residue diet which generally excludes raw vegetables, skins of fruit, seeds, nuts, popcorn and corn products. When you are in remission and are able to liberalize the foods you eat, consume a well balanced diet (as tolerated) including fruit, vegetables, lean meats, fish, grain, nut butters, dairy and cook using olive oil. Do not restrict the diet unnecessarily (ie: dairy, gluten...) as this may result in nutrient deficiencies, poor growth in children, weight loss in adults and children and/or malnutrition. If you are unable to tolerate a variety of fruit and vegetables in your diet on a daily basis a multivitamin/mineral supplement is recommended.

Below are some general informational guidelines. All patients should consult with their physician before commencing any dietary programs or changes.

Calories:

Adults require 25 – 35 calories/kilogram/day of their Ideal Body Weight (2.2 kg = 1 pound).

Children have various calorie requirements based on their age, weight, height, gender and activity, but most children newly diagnosed with IBD are lacking at least 400 calories per day in their diets.

Protein:

The recommended daily amount of protein needed for an average adult is 0.8 grams/kg/day, for most children the recommendation is ~1 gram/kg/day. People with IBD may require 50% more than the recommended daily amount of protein depending on their disease activity.

Calcium: (daily recommendation)

1 – 3 years: 500mg/day

4 – 8 years: 800mg/day

>9 years: 1200mg/day

Prednisone: 1500mg/day

If you are unable to get the adequate amount of calcium from food, supplemental calcium is recommended. Calcium carbonate and calcium citrate are the best sources of calcium.

Vitamin D:

Most people, regardless of age require 400 IU/day

People with active disease require at least 800 IU/day

Iron: (daily recommendation)

15mg/day for most people (30mg in pregnancy)

Supplementation (consult with your doctor): 1 – 3 mg/kg/day for children and 150 – 200mg/day for adults.

Zinc: (daily recommendation)

5 – 11mg/day (depending on age)

Supplementation (consult with your doctor): 0.5 – 1 mg/kg/day for children and 25 – 50 mg/day for adults.

Folic Acid: (daily recommendation)

200 – 400mcg/day (depending on age)

Supplement with 1 mg/day (prescription strength) if on Methotrexate or Sulfasalazine.

Vitamin B₁₂

Supplementation may be recommended with ileal disease, resection of the ileum, bacterial overgrowth and/or a vegetarian diet.

For more information regarding IBDSF's nutritional counseling, please call contact Miriam Erdosi (714) 616-4692 .