

Crohn's Disease, Ulcerative Colitis, Indeterminate Colitis

Did my eating habits cause IBD?

No. There is no evidence that what you eat causes IBD.

Do I need to follow a special diet?

There is no 'special' diet when you have IBD. It is very important to eat a variety of foods to provide a balanced diet. Include vegetables, fruit, whole grains, lean meat and low-fat dairy every day. This will help you get enough calories, protein and nutrients. Use MyPlate as a guide.

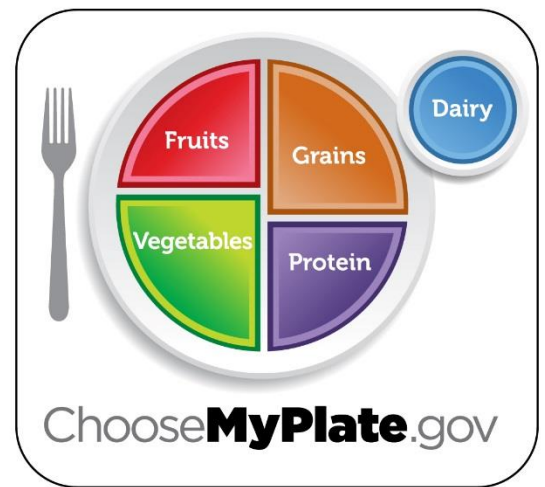
Sweets and higher-fat snack foods can be part of the diet, but should be eaten less often and in small portions.

Stay away from foods that cause discomfort. These foods are different for everyone.

Your health care provider may recommend one of these diets. Often the diet is used for a short time.

Low fiber: this diet may be used if you have narrowing of your intestine.

Low lactose: this diet may be used if you are not able to digest lactose (a sugar found in dairy products) easily.



Calcium and Vitamin D

You will need to make sure that you are taking in enough calcium and vitamin D. They help to build strong bones and teeth. Vitamin D is needed to absorb calcium. Supplements may be needed. If more calcium is needed, it is best to take it in 2 or 3 doses each day.

This chart shows how much is needed based on age.

Age	Calcium	Vitamin D
1 to 3 years	700 mg	15 mcg
4 to 8 years	1000 mg	15 mcg
9 to 18 years	1300 mg	15 mcg
19 to 30 years	1000 mg	15 mcg

Mealtime tips

- Eat three to four servings of dairy each day.
- Add extra milk or cheese to pizza, soups, macaroni and cheese and baked goods. This will boost calcium.
- Use juice and foods with added calcium.
- Calcium food sources include:

Source	Amount of calcium
Milk, 8 oz	280-300 mg
Yogurt, 8 oz	350-400 mg
Cheese, 1 oz	175-275 mg
Ice cream, ½ cup	88 mg
Fortified soy milk	200-300 mg
Greens (beet, collard, mustard, spinach)	½ cup 100-180 mg

Supplements

Most supplements have 500 to 600 mg of calcium. They come in both pills and chews. Some examples are listed below. Read the Supplement Facts panel to find out how much calcium is in a supplement. Always make sure to look at the serving size when reading the label.

Name	Amount of calcium	Amount of Vitamin D
Viactiv® (chewable)	650 mg	12.5 mcg
Tums® Regular Strength	200 mg	None
Calcium carbonate (generic)	500 – 600 mg	varies by brand
<ul style="list-style-type: none"> • Take Vitamin D as directed by your healthcare provider. • If your multivitamin has vitamin D, add that in your total IUs of vitamin D. • Check generic brands for the amounts of calcium and vitamin D. 		

Iron

Iron helps the red blood cells carry oxygen to the body. It is also needed for growth. Iron-deficiency anemia is fairly common with IBD. It makes you tire easily and get sick more often.

Iron-rich foods: Some foods are better iron sources than others.

Super Iron Sources

- Beef liver
- Chicken liver
- Venison
- Chicken
- Hamburger
- Turkey
- Pork
- Tuna, salmon, fish

Good Iron Sources

- Cereal bars
- Cream of Wheat
- Oatmeal
- Wheat germ
- Cereals (with 45% or more of total daily value of iron)

Meal tips

- Choose one super and two to three other iron sources daily.
- Vitamin C helps your body use iron. Drink a 4-ounce glass of orange, cranberry or vitamin C-added juice, or eat a citrus fruit with any super source of iron for the best use of the iron.
- Add foods that are rich in iron to other foods to boost iron intake. Try adding wheat germ to hamburgers or meatloaf. Add oatmeal to cookies.



Daily Iron needs for children and teens

Age	Daily needs
1 to 3 years	7 mg
4 to 8 years	10 mg
9 to 13 years	8 mg
14 to 18 years	11 mg (males), 15 mg (females)
19 to 30 years	8 mg (males), 18 mg (females)
Based on 2011 DRIs (Dietary Reference Intakes)	

Vitamin and Mineral Supplements

Many kids with IBD need a multivitamin supplement to help meet their nutrition needs. Ask your doctor or dietitian if you should take a multivitamin.

Your doctor will check your vitamin levels every year. If your levels are low, you may need to take extra supplements. Ask your doctor about your vitamin levels and if you need a supplement.

What about other food choices?

Studies are being done in the area of diet and supplements to treat IBD. There is much to learn. The use of special diets or supplements should be discussed with your doctor or dietitian and should not be used in place of medical treatment.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.