

Eating well with IBD

Crohn's disease and ulcerative colitis

For most adults with IBD, a Mediterranean-style diet is recommended, with less salt, sugar and ultraprocessed food.

Foods to enjoy



Vegetables

Cooked if raw ones bother you



Fish

A natural source of omega-3 fats



Fruit



Olive oil



Whole grains



Nuts



Beans and lentils



Avocado

Foods to limit



Processed meat

Especially with ulcerative colitis



Sweets

Added sugar



Red meat

Especially with ulcerative colitis



Sugary drinks

Added sugar



Fried food

High in saturated and trans fat



Salty foods



Packaged snacks

Ultraprocessed food



Fast food

Ultraprocessed food

If you have a narrowing (stricture)

- Soften raw fruit and vegetables by cooking, steaming or chewing them carefully.
- Limit insoluble fiber, like tough skins and raw vegetables.

Good to know

- No diet has been shown to reliably prevent flares.
- Ask us about checking your iron and vitamin D.
- A dietitian can help if your IBD is complicated.

General information for adults, not a personal diet plan. Follow the advice your own care team gave you, and talk to them before making big changes.

Questions? Call (718) 615-0400.

Medical emergency? Call 911.

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Sources

- American Gastroenterological Association, Clinical Practice Update on diet in IBD, 2024
- International Organization for the Study of IBD, Dietary Guidance, 2020