

# Foods list for IBD-AID

Phase 1: Flare, symptoms prominent

Phase 2: Symptoms intermittent

Phase 3: Remission/maintenance

FOOD ITEM	PHASE I	PHASE II	PHASE III
<b>FRUITS</b> <b>FRESH OR FROZEN</b> May need to puree and strain out seeds depending on phase/tolerance	Achieve Silken textures:  -Foods and herbs need to be cooked and pureed. -No seeds or stems. -Must grind or finely mince foods.	<b>Soft textures:</b>  -Foods need to be pureed or cooked to improve tolerance of textures. -No stems or seeds, and avoid "harder" peels. - <i>May</i> need to grind or finely mince foods especially proteins.	All foods in this list as tolerated.
Apples, infrequently (cooked are best)		X	X
Apricots		X	X
Avocado	X	X	X
Bananas	X	X	X
Blackberries (may need to avoid/strain seeds)*		X	X
Blueberries (may need to avoid/strain seeds)*		X	X
Cantaloupe		pureed	X
Cherimoya (soft)		X	X
Cherries		X	X
Coconut, fresh and dried		X	X
Cranberries cooked and sweetened only with honey*			X
Dates		Paste	X
Figs*			X
Grapefruit			X
Grapes (only red, black, purple)		X	X
Kiwi*			X
Kumquats (avoid waxed)			X

Lemons	Juice	Juice	X
Limes		Juice	X
Mangoes		X	X
Melon		X	X
Nectarines		X	X
Oranges (watered down juices)			X
Papaya		X	X
Passion fruit (may need to avoid/strain seeds)*		X	X
Peaches		X	X
Pears		X	X
Persimmons		X	X
Pineapple		X	X
Plums		X	X
Pomegranate (may need to avoid/strain seeds)*		Juice	X
Prunes		X	X
Raisins (limited)*		X	X
Raspberries (may need to avoid/strain seeds)*		X	X
Strawberries (may need to avoid/strain seeds)*		X	
Tangerines	Juice	X	X
Watermelon, seedless	Juice	X	X

VEGETABLES* (may need to puree) FRESH OR FROZEN			
Acorn Squash	X	X	X
Algae (blue green, spirulina, powdered or pureed)	X	X	X
Artichokes		X	X
Asparagus		X	X
Beets (may turn stools red temporarily)	Caution	X	X
Bell peppers		Cooked	X
Black Radish			X
Bok Choy		X	X
Broccoli (may need digestive enzymes to tolerate)			X
Brussels Sprouts (may need digestive enzymes to tolerate)			X
Butternut Squash	X	X	X
Cabbage (regular or fermented i.e.: sauerkraut and kimchi, may need digestive enzymes to tolerate)		X	X

Canned Vegetables (no additives)		X	X
Capers		X	X
Carrots	X	X	X
Cauliflower (may need digestive enzymes to tolerate)		X	X
Celery			X
Celery root		X	X
Chard		X	X
Chicory Root		Pureed	X
Collard greens		X	X
Cucumbers (avoid waxed, peeled recommended)			X
Dill pickles			X
Eggplant	X	X	X
Green Beans	X	X	X
Jalapenos			
Kale		Pureed	X
Leek		Pureed	X
Mushrooms	Pureed	X	X
*Olives (black, green) in limited amounts due to sodium		X	X
Onions, scallions	pureed	cooked	X
Pumpkin		X	X
Rutabaga		X	X
Scallions	Pureed	X	X
Sauerkraut (May need digestive enzymes)		X	X
Seaweed		X	X
Snow peas (strings and stems removed)		X	X
Spinach (Stem-less, can be eaten raw; With stems need to cook and puree)	X	X	X
Squash (butternut, winter)		X	X
String beans		X	X
Sweet Potato** (limit to occasional intake)		X	X
Tomatoes		X	X
Water chestnuts**		X	X
Watercress		X	X
Zucchini		X	X

<b>MEATS (only lean cuts, trimmed)</b>			
Very lean beef (may need to be ground)	X	X	X
Lamb			X
<b>Poultry</b>			
Chicken, Turkey (no skin, may need to be ground)	X	X	X
Eggs (omega-3)	X	X	X
Duck, goose			X

<b>FISH/SEAFOOD</b>			
All fish (no bones)	X	X	X
Canned fish such as sardines (small bones ok)	X	X	X
Scallops	Minced	X	X
Shrimp, crab		Minced	X
Prawns		Minced	X
Lobster	Minced	Minced	X
<b>DAIRY (Limit portions due to high saturated fat content) Choose Aged Cheeses Only</b>			
Aged Cheeses (Asiago, Blue, Brick, Brie, Camembert, Colby, Sharp Cheddar Cheese, Edam, Gorgonzola, Gouda, Gruyere, Havarti, Limburger, Manchego, Monterey Jack, Muenster, Parmesan, Provolone, Romano, Roquefort, Stilton, Swiss, etc.)	X	X	X
Dry curd cottage cheese (DCCC)/Farmer's cheese/Hoop cheese	X	X	X
Kefir (plain, good date)	X	X	X
<i>Plain yogurt *(active probiotic, good date) regular or Greek</i>	X	X	X
<b>MILKS (Unsweetened)</b>			
Non-Dairy Milks (Almond, Coconut, Hemp, Soy, Oat, etc.)	X	X	X

NUTS/SEEDS* (Nut and seed butters recommended)			
Nut/Seed Butters (Almond, Cashews, Chestnuts, Hazelnut, Macadamia, Peanuts, Pecans, Pine nuts, Pistachios, Seeds, Walnuts, etc.)	X	X	X
Chia (as tolerated, pre-soaked if needed)	X	X	X
Flaxseed meal	X	X	X
Whole Nuts/Seeds (Almond, Cashews, Chestnuts, Hazelnut, Macadamia, Peanuts, Pecans, Pine nuts, Pistachios, Seeds, Walnuts, etc.)			X
<b>Grains</b>			
Oats (Groats, steel cut or rolled): add double amount of water called for to make softer, puree if needed	X	X	X
<b>LEGUMES/BEANS* (Well-cooked, mashed, pureed or flours)</b>			
<b>May need digestive enzymes</b>			
Miso (Refrigerated kind has the live, good bacteria)	X	X	X
Aduki beans			X
Black beans			X
Kidney beans			X
Lentils			X
Lima beans			X
Navy/haricot beans			X
Split peas			X
Soy/tofu (Silken can be eaten raw)			X
Yellow split peas			X

FLOUR OPTIONS			
Grain-Free Flours (Almond, Brazil Nut, Cashew, Chestnut, Coconut, Fava Bean, Garbanzo Bean, Hazelnut, Lentil, Oat, Peanut, Pecan, Pistachio, Soy)		X	X
SWEETENERS			
Honey (local, raw)	X	X	X

SPICES			
Allspice	X	X	X
Basil	X	X	X
Bay leaf	X	X	X
Black pepper	X	X	X
Cardamom powder	X	X	X
Cayenne pepper flakes (As tolerated)			X
Chile pepper powder (As tolerated)			X
Chili powder (As tolerated)			X
Cilantro	X	X	X
Cinnamon	X	X	X
Clove powder	X	X	X
Coriander	X	X	X
Cumin	X	X	X
Curry powder	X	X	X
Dill	X	X	X
Fenugreek (Leaves only Phase I & II, Phase III: Leaves + seeds)	X	X	X
Garlic (As tolerated)	X	X	X
Ginger	X	X	X
Nutmeg	X	X	X
Oregano	X	X	X
Paprika (As tolerated)	X	X	X
Rosemary	X	X	X
Sea salt	X	X	X
Thyme	X	X	X
Turmeric	X	X	X
Vanilla Extract (pure)	X	X	X
Vanillin	X	X	X
OILS/FATS			
Almond oil	X	X	X
Avocado oil	X	X	X
Butter	X	X	X
Canola oil	X	X	X
Coconut oil	X	X	X

Flaxseed oil	X	X	X
Ghee			X
Grapeseed oil	X	X	X
Macadamia butter	X	X	X
Olive oil	X	X	X
Safflower oil (limit due to Omega-6 content)		X	X
Sesame oil (limit due to Omega-6 content)		X	X
Sunflower oil (limit due to Omega-6 content)		X	X
Walnut oil	X	X	X

<b>FRESH HERBS</b> (fresh or dried, without additives; if fresh - no stems for phase I or II)			
Basil, dill, cilantro, marjoram, mint, oregano, parsley, rosemary, thyme	X	X	X
<b>CONDIMENTS (check for no added sugars)</b>			
Bragg's Amino Acids	X	X	X
Ketchup (sugar-free)	X	X	X
Mayonnaise	X	X	X
Mustard		X	X
Tabasco sauce (as tolerated)			X
Tamari soy sauce (no wheat soy sauce)	X	X	X
Tomato sauce (no added sugar/high-fructose corn syrup, or other additives)	X	X	X
Vinegar (As tolerated)	X	X	X
<b>BEVERAGES (WATER first!)</b>			
Apple Cider		X	X
Non-Dairy Milks (ex. Almond Milk unsweetened)	X	X	X
Club Soda		X	X
Coffee (As tolerated)	X	X	X
Cranberry juice (no sugar added)		X	X
Juice (watered down; all juices must have no added sugar)*		X	X
Herbal Teas, <i>Pau D'Arco</i> tea (as tolerated)	X	X	X
Teas (such as Green tea, Black tea, Peppermint tea, Spearmint tea)	X	X	X
Tomato juice		X	X

<b>ALCOHOL</b> (Limit to one drink per day or less for women, two drinks per day or less for men; Serving size for one drink is 12 oz beer or wine cooler, 5 oz table wine, or 1.5 oz 80-proof distilled spirits)			
Bourbon, gin, Scotch/whiskey			X
Vodka (Wheat, rye, barley, potato, corn or rice-based)	Not recommended for any phase	Not recommended for any phase	Not recommended
Vodka (fruit-based)			X
White Wine			X
Red Wine		X	X
Hard ciders (if gluten-free)			X
Beer	Not recommended for any phase	Not recommended for any phase	Not recommended
<b>SUPPLEMENTS (only as directed)</b>			
Aloe Vera** (as directed)	X	X	X
Fish oil, B12, liquid calcium	X	X	X
Flax oil, borage oil	X	X	X
PB-8, VSL-3, Sacchromyces Boulardii, other probiotics	X	X	X
Other (as directed)	X	X	X
<b>OTHER</b>			
Baking soda (Featherweight or cornstarch-free varieties)	X	X	X
Baking powder	X	X	X
Broth (Chicken, vegetable, beef)	X	X	X
Cocoa powder (unsweetened)	X	X	X

\*Avoid if you have strictures. May need to strain for seeds.

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