

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
FRUITS FRESH OR FROZEN 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.	Soft textures: -Foods need to be pureed or cooked to improve tolerance of textures. -No stems or seeds, and avoid "harder" peels. -May 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

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

FISH/SEAFOOD			
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
DAIRY (Limit portions due to high saturated fat content) Choose Aged Cheeses Only			
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
MILKS (Unsweetened)			
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
Grains			
Oats (Groats, steel cut or rolled): add double amount of water called for to make softer, puree if needed	X	X	X
LEGUMES/BEANS* (Well-cooked, mashed, pureed or flours) May need digestive enzymes			
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

FRESH HERBS (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
CONDIMENTS (check for no added sugars)			
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
BEVERAGES (WATER first!)			
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 tea</i> (as tolerated)	X	X	X
Teas (such as Green tea, Black tea, Peppermint tea, Spearmint tea)	X	X	X
Tomato juice		X	X

ALCOHOL (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
SUPPLEMENTS (only as directed)			
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
OTHER			
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.

Barbara.olendzki@umassmed.edu <http://www.umassmed.edu/nutrition>