**THE IBD-AID CHECKLIST Summary**

The IBD-AID taps into the power of food to heal our bodies. This list is a summary of different food categories that you should try to eat every day to optimize your health and well-being. Print this checklist and stick it on your fridge or kitchen cupboard as a daily reminder to keep you on track. See the key starting on the following page for a list of what foods fall into each category, serving sizes, and what’s permitted in each Phase.

**GOAL: Try to check off all the boxes every day!**

Probiotic Foods . . . . . . . . . . . . . . . . . . .

Prebiotic Foods/Soluble Fiber . . . . . . . . . .

Healthy Fats . . . . . . . . . . . . . . . . . . . . . .

Vegetables. . . . . . . . . . . . . . . . . . . . . . .

Fruits. . . . . . . . . . . . . . . . . . . . . . . . . . .

Lean Proteins . . . . . . . . . . . . ………………

Herbs . . . . . . . . . . . . . . . . . . . . . . . (herbs have nutrients similar to greens)

Beverages. . . . . . . . . . . . . . . . . . . . . . . .

NOTE: Some foods fall into more than 1 category. In attempting to meet your daily checklist, only count each food in 1 category for the day. For instance, kidney beans are categorized as both a protein and a prebiotic/soluble fiber; only check one of those boxes for each serving you have.

Key: phases listed beside food item. “All” means food allowed in all phases.

**IBD-AID Food List, all phases**

| **FOOD** | **SERVINGS** | **SERVING SIZE** | **OPTIONS** | | |
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| **Probiotic Foods** | 3+ servings | 1/2 cup | * Cheeses, aged (Asiago, Blue, Brick, Brie, Camembert, Colby, Cheddar, Edam, Gorgonzola, Gouda, Gruyere, Havarti, Limburger, Manchego, Monterey Jack, Muenster, Parmesan, Provolone, Romano, Roquefort, Stilton, Swiss) (limit due to saturated fat) (all) | * Cottage cheese, *cultured* (all) * Fermented dill pickles (3) * Fermented cabbage (sauerkraut, kimchi) (3) * Fermented vegetables (3) * Honey, raw for probiotics (all) * Kefir (all) | * Microalgae (all) * Miso, refrigerated, with live cultures (all) * Yogurt, plain, live cultures, regular or Greek (all) |
| **Prebiotic Foods/ Soluble Fiber**  (may need to adjust textures and cooking according to phase) | 3+ servings | 1 medium whole fruit  1/2 cup vegetables  1/4 cup nuts/seeds  1 tbsp chia/flax/hemp | * Algae, blue-green, spirulina, powdered or pureed (all) * Artichokes (2,3) * Asparagus (2,3) * Beets (caution Phase 1) (all) * Bananas (all) * Beans (Aduki, Black, Chickpeas, Garbanzo, Haricot, Kidney, Lima, Navy) (3) * Beans pureed, well cooked (Aduki, Black, Garbanzo, chickpeas, Haricot, Kidney, Lima), as tolerated (2,3) * Blueberries (2,3) * Cabbage (3) * Carrots (all) * Cassava/ yuca root (2,3) * Celery root (2,3) * Chard, w/ stems (3) * Chard, leaves only (2,3) | * Chia (all) * Chicory root (3) * Chicory root, pureed (2,3) * Collard greens (2,3) * Dates (3) * Dates, paste (2,3) * Fennel (2,3) * Figs, puree and strain seeds, as needed (3) * Flax seed, ground/meal (all) * Garlic, as tolerated (all) * Greens pureed (all) * Collard greens (2,3) * Hemp seeds (all) * Jerusalem artichoke (2,3) * Jicama (3) * Kale, w/ stems (3) * Kale, leaves only (2,3) | * Leeks (3) * Leeks, purred (2,3) * Mustard greens, w/ stems (3) * Mustard greens, leaves only (2.3) * Nuts, whole (3) * Oat flour (all) * Oats, oat groats, rolled oats (all) * Okra, w/ stems (3) * Okra, leaves only (2.3) * Onions, cooked (2,3) * Onions, pureed (all) * Onions, raw (3) * Peas (2) * Prunes (2,3) * Rutabaga (2,3) * Scallions (2,3) * Scallions, pureed (all) * Seeds, whole (3) * Sweet potatoes (2,3) * Yams (2,3) |
| **Healthy Fats**  **Never hydrogenated** | 2 servings | 1/2 avocado  1 tbsp chia/ flax/ hemp  1/4 cup nuts/seeds  2 tbsp nut butters | * Avocado (all) * Chia, as tolerated, (all) * Flax seed, ground/meal (all) * Hemp seed, as tolerated, (all) | * Nuts, whole (3) * Nut & seed butters (all) * Oils, almond, avocado, canola, coconut (limit due to saturated fat), flax, grapeseed, olive, walnut (all) | * Oils, safflower, sesame, sunflower (limit due to omega-6 content) (2,3) * Seeds, whole (3) |

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| **Vegetables**  (fresh/ frozen/  caned; low salt)  May need to puree depending on phase/tolerance. | 4+ servings | 1 cup raw  1/2 cup cooked | * Acorn squash (all) * Algae, blue-green, spirulina, powdered or pureed, (all) * Artichokes (2,3) * Asparagus (2,3) * Beets (caution in Phase 1) (all) * Bell peppers, cooked (2,3) * Bell peppers, raw (sweet better tolerated than green) (3) * Black radish (3) * Bok choy (2,3) * Broccoli (3) * Brussel sprouts(3) * Butternut squash (all) * Canned vegetables, no additives (2,3) * Cabbage, regular or fermented (sauerkraut, kimchi) (3) * Capers (2,3) * Carrots (all) * Cauliflower (2,3) * Celery (3) * Celery root (2,3) | * Chard, w/ stems (3) * Chard, leaves only (2.3) * Chicory root (3) * Chicory root, pureed (2,3) * Collard greens (2,3) * Cucumber (avoid waxed) (3) * Dill pickles, no sugar (3) * Eggplant (all) * Fennel (2,3) * Fermented vegetables (3) * Green beans (all) * Kale (3) * Kale, leaves only (2,3) * Leeks (3) * Leeks, purred (2,3) * Lettuce (2,3) * Mushrooms (2,3) * Mushrooms, pureed (all) * Mustard greens, w/ stems (3) * Mustard greens, leaves only (2.3) * Okra, w/ stems (3) * Okra, leaves only (2.3) * Olives, black, green (limit due to sodium) (2,3) | * Onions, cooked (2,3) * Onions, pureed (all) * Onions, raw (3) * Peas (2) * Pumpkin (all) * Rutabaga (2,3) * Scallions (2,3) * Scallions, pureed (all) * Sea vegetables (nori) (all) * Snow peas, strings and stems removed (2,3) * Spinach, raw if stemless, cooked and pureed w/ stems (all) * Sprouts (alfalfa, bean) * Squash, summer (all) * String beans (2,3) * Sweet potatoes (2,3) * Tomatoes (2,3) * Water chestnuts (limit to occasional intake) (2,3) * Winter squash (all) * Yams (2,3) * Zucchini (2,3) |
| **Fruits**  (fresh/ frozen/ canned/ dried; no added sugar)  May need to puree or cook, depending on phase/tolerance. | 4 servings | 1 medium whole fruit  1/2 cup chopped  1/4 cup dried  100% Fruit juice only, water all juices down (all phases) | * Apples (2,3) * Apple cider (all) * Apricots (2,3) * Avocado (all) * Bananas (all) * Blackberries(2,3) * Blueberries (2,3) * Cantaloupe (3) * Cantaloupe, pureed (2,3) * Cherries (2,3) * Citrus fruits (3) * Coconut (2,3) * Cranberries, cooked (3) * Dates (3) * Dates, paste (2,3) * Figs, (3) | * Grapefruit (3) * Grapes, red, black, purple (2,3) * Guava (all) * Kiwi (3) * Kumquats (avoid waxed) (3) * Lemons/limes (3) * Lemon/lime juice (all) * Lychee (2,3) * Mangos (2,3) * Melons (2,3) * Nectarines (2,3) * Orange (3) * Papayas (2,3) | * Passion fruit (2,3) * Peaches (2,3) * Pears (2,3) * Persimmon (2,3) * Pineapple (2,3) * Plums (2,3) * Pomegranate(3) * Prunes (2,3) * Raisins (2,3) * Raspberries (2,3) * Starfruit (2,3) * Strawberries (2,3) * Tangerines (2,3) * Watermelon, seedless (2,3) |
| **Lean Protein**  Trim fat, cook well, meats may need to be ground depending on phase/tolerance, no skin on poultry | 3+ servings | 3 oz. meat  1/4 cup cooked beans  1/4 cup nuts/seeds   1. tbsp nut butters   1 egg | * Beans (Aduki, Black, Edamame, Garbanzo, Chickpeas, Haricot, Kidney, Lima, Navy) (3) * Beans, pureed, well-cooked (Aduki, Black, Garbanzo, Haricot, Kidney, Lima), as tolerated (2) * Beef, lean cuts (>90%) (all) * Cheeses, aged (Asiago, Blue, Brick, Brie, Camembert, Colby, Cheddar, Edam, Gorgonzola, Gouda, Gruyere, Havarti, Limburger, Manchego, Monterey Jack, Muenster, Parmesan, Provolone, Romano, Roquefort, Stilton, Swiss) (limit due to saturated fat) (all) * Chia, as tolerated, ground/pre-soaked as needed (all) * Chicken, light or dark meat (all) | * Cottage cheese, low fat, cultured (dry curd, Farmer’s Cheese, Hoop Cheese) (all) * Crab, minced (2,3) * Crab, whole (3) * Duck (3) * Eggs, omega 3 (all) * Flax seed, ground/meal (all) * Fish, canned (e.g., sardines, small bones OK) (all) * Fish, low mercury, no bones (all) * Goat, lean cuts (>90%), (all) * Goose, (3) * Hummus, as tolerated (2) * Kefir, (plain) (all) * Lamb, lean cuts (>90%), (3) * Lean meat (>90%) * Lentils (3) | * Miso, refrigerated, with live cultures (all) * Nut & seed butters (all) * Lobster, minced (all) * Nuts, whole (3) * Poultry, skinless * Prawns, minced (2,3) * Prawns, whole (3) * Scallops, minced (all) * Scallops, whole (2,3) * Seeds, whole (3) * Shrimp, minced (2,3) * Shrimp, whole (3) * Soy (3) * Split peas (3) * Tofu (2, 3) * Tempeh (3) * Tuna (limit to < once weekly 2,3) * Turkey, light or dark meat (all) * Yogurt, Greek plain |
| **Herbs/Spices**  (fresh or dried, w/out additives; no stems if fresh for Phases 1, 2) | 1+ servings | 1 tsp | * Allspice (all) * Basil (all) * Bay leaves (all) * Black pepper (all) * Cardamom powder (all) * Cayenne, as tolerated (3) * Chile pepper powder, as tolerated (3) * Chili powder, as tolerated (3) * Cilantro (all) * Cinnamon (all) * Clove powder (all) | * Coriander (all) * Cumin (all) * Curry powder (all) * Dill (all) * Fenugreek leaves (all) * Fenugreek seeds (3) * Garlic, as tolerated (all) * Ginger (all) * Marjoram (all) * Mint (all) * Mustard powder (all) * Mustard seed (3) | * Nutmeg (all) * Oregano (all) * Paprika, as tolerated (all) * Parsley (all) * Rosemary (all) * Saffron (all) * Sage (all) * Salt (all) * Thyme (all) * Turmeric (all) * Vanilla extract, pure (all) * Vanillin (all) |
| **Beverages** | 8+ servings | 8 oz. | * WATER FIRST!!!! (all) * Apple cider, diluted (all) * Club soda (all) * Coffee, as tolerated (all) * Fruit juices, 100%, watered down, no sugar (all) | * Non-dairy milks (all) * Pau D’Arco tea, as tolerated (all) * Seltzer water, naturally flavored (all) | * Teas, herbal, as tolerated (all) * Teas, green & black (all) * Tomato juice (2, 3) |