**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** |
| --- | --- | --- | --- |
| **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)
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| **Prebiotic Foods/ Soluble Fiber**(may need to adjust textures and cooking according to phase) | 3+ servings | 1 medium whole fruit1/2 cup vegetables1/4 cup nuts/seeds1 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 avocado1 tbsp chia/ flax/ hemp1/4 cup nuts/seeds2 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 raw1/2 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 fruit1/2 cup chopped1/4 cup dried100% 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. meat1/4 cup cooked beans1/4 cup nuts/seeds1. 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)
 |