

## IBD-AID ALLOWABLE FOODS LIST, BY PHASE

	<u>PHASE 1</u> <b>Active flare, symptoms present</b> <ul style="list-style-type: none"><li>• Achieve silken texture</li><li>• Foods must be cooked, pureed, ground, or finely minced</li><li>• No seeds or stems</li><li>• No hard peels or skins</li></ul>	<u>PHASE 2</u> <b>Intermittent symptoms</b> <ul style="list-style-type: none"><li>• Achieve soft texture</li><li>• Foods must be cooked or pureed</li><li>• <u>May</u> need to grind or finely mince some foods, especially proteins</li><li>• No stems or seeds</li><li>• No hard peels or skins</li></ul>	<u>PHASE 3</u> <b>Remission/maintenance</b> <ul style="list-style-type: none"><li>• All foods listed, as tolerated</li></ul>
<b>FRUITS</b> (fresh, frozen, canned) unsweetened and without any added sweeteners  <i>Wash fruit before cutting and eating</i>	<ul style="list-style-type: none"> <li>• Avocados</li> <li>• Bananas</li> <li>• Lemons, Limes (juice)</li> <li>• Papaya</li> <li>• 100% Fruit juices (may need to dilute)</li> </ul>	<b>All from Phase 1 plus:</b> <ul style="list-style-type: none"> <li>• Apples (may need to peel)</li> <li>• Apricots</li> <li>• Blackberries*</li> <li>• Blueberries*</li> <li>• Cantaloupe</li> <li>• Cherimoya (soft)</li> <li>• Cherries</li> <li>• Coconut</li> <li>• Dates (paste)</li> <li>• Guava</li> <li>• Grapes (red/black/purple)</li> <li>• Lychee</li> <li>• Mangos</li> <li>• Melon</li> <li>• Nectarines</li> <li>• Papaya</li> <li>• Passion fruit*</li> <li>• Peaches</li> <li>• Pears</li> </ul>	<b>All from Phases 1 and 2 plus:</b> <ul style="list-style-type: none"> <li>• Citrus (e.g. grapefruit, kumquats, lemons, limes, oranges, tangerines)</li> <li>• Cranberries (cooked)</li> <li>• Dates, other dried fruits</li> <li>• Figs*</li> <li>• Kiwi*</li> <li>• Pomegranate*</li> </ul>

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		<ul style="list-style-type: none"> <li>• Persimmons</li> <li>• Pineapple</li> <li>• Plums</li> <li>• Prunes</li> <li>• Raisins*</li> <li>• Raspberries*</li> <li>• Starfruit</li> <li>• Strawberries*</li> <li>• Tangerines</li> <li>• Watermelon (seedless)</li> </ul>	
<b>VEGETABLES</b>  <i>Wash vegetables before cutting and eating</i> <i>Puree as needed</i>	<ul style="list-style-type: none"> <li>• Acorn squash</li> <li>• Algae (blue green, spirulina, powdered or pureed)</li> <li>• Beets (caution they come through red!)</li> <li>• Butternut squash</li> <li>• Carrots</li> <li>• Green beans (pureed)</li> <li>• Greens (pureed)</li> <li>• Mushrooms (pureed)</li> <li>• Onions (pureed)</li> <li>• Pumpkin</li> <li>• Scallions (pureed)</li> <li>• Sea vegetables (e.g. nori)</li> <li>• Spinach (raw if stemless, cooked and pureed with stems)</li> <li>• Winter squash</li> </ul>	<b>All from Phase 1 plus:</b> <ul style="list-style-type: none"> <li>• Artichokes</li> <li>• Asparagus</li> <li>• Beets</li> <li>• Bell peppers (cooked)</li> <li>• Bok choy</li> <li>• Canned vegetables (no additives)</li> <li>• Capers</li> <li>• Cauliflower (riced)**</li> <li>• Celery root</li> <li>• Chard</li> <li>• Chicory root (pureed)</li> <li>• Chicory greens</li> <li>• Collard greens</li> <li>• Eggplant</li> <li>• Jerusalem artichoke</li> <li>• Kale (leaves only)</li> <li>• Leeks (pureed)</li> <li>• Micro greens</li> <li>• Mushrooms</li> </ul>	<b>All from Phases 1 and 2 plus:</b> <ul style="list-style-type: none"> <li>• Bell peppers (sweet peppers better tolerated than green)</li> <li>• Black radish</li> <li>• Broccoli**</li> <li>• Brussel sprouts**</li> <li>• Celery</li> <li>• Chicory root</li> <li>• Cucumbers (avoid waxed)</li> <li>• Dill pickles (no sugar)</li> <li>• Kale</li> <li>• Leeks</li> <li>• Onions (raw or cooked)</li> <li>• Fermented or pickled veggies**</li> <li>• Cabbage (regular or fermented) [sauerkraut and kimchi] **</li> </ul>

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		<ul style="list-style-type: none"> <li>• Olives (black, green; limit due to sodium)</li> <li>• Onions (cooked)</li> <li>• Rutabaga</li> <li>• Scallions</li> <li>• Snow peas (strings and stems removed)</li> <li>• Spaghetti Squash</li> <li>• String beans</li> <li>• Sweet potato (limit to occasional intake)</li> <li>• Tomatoes</li> <li>• Water chestnuts</li> <li>• Watercress</li> <li>• Zucchini</li> </ul>	
<b>PROTEINS</b> Plant-Based (beans/legumes, nuts, seeds)	<ul style="list-style-type: none"> <li>• Miso (refrigerated variety has live cultures)</li> <li>• Nut and seed butters (almond, cashew, chestnut, hazelnut, macadamia, peanut, pecan, pine nut, pistachio, tahini, sunflower seed, walnut, etc.)</li> <li>• Chia (as tolerated; ground or pre-soaked, if needed)</li> <li>• Ground Flaxseed meal</li> </ul>	<p><b>All from Phase 1 plus:</b></p> <ul style="list-style-type: none"> <li>• Hummus, as tolerated</li> <li>• Other beans, pureed and well-cooked, as tolerated</li> <li>• Tofu, organic, non-GMO</li> </ul>	<p><b>All from Phases 1 and 2 plus:</b></p> <ul style="list-style-type: none"> <li>• Aduki beans</li> <li>• Black beans</li> <li>• Chickpeas (garbanzo beans)</li> <li>• Kidney beans</li> <li>• Lentils</li> <li>• Lima beans</li> <li>• Navy/haricot beans</li> <li>• Split peas</li> <li>• Soy beans (edamame)</li> <li>• Tempeh (wheat free)</li> <li>• Whole nuts and seeds (almonds, cashews, chestnuts, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, seeds, walnuts, etc.)</li> </ul>

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<b>Fish/Seafood</b> focus on low mercury fish; limit tuna to less than once per week	<ul style="list-style-type: none"> <li>• <u>Low Mercury fish</u> (no bones)</li> <li>• Canned fish (e.g., sardines; small bones OK)</li> <li>• Scallops (minced)</li> <li>• Lobster (minced)</li> </ul>	All from Phase 1 plus: <ul style="list-style-type: none"> <li>• Scallops</li> <li>• Crab (minced)</li> <li>• Shrimp (minced)</li> <li>• Prawns (minced)</li> </ul>	All from Phases 1 and 2 plus: <ul style="list-style-type: none"> <li>• Crab</li> <li>• Shrimp</li> <li>• Prawns</li> </ul>
<b>Poultry</b> (fat trimmed and well cooked)	<ul style="list-style-type: none"> <li>• Chicken, light or dark meat (no skin; may need to be ground)</li> <li>• Turkey, light or dark meat (no skin; may need to be ground)</li> <li>• Eggs (omega-3)</li> </ul>	<b>Same as Phase 1.</b>	<b>Same as Phases 1 and 2 plus:</b> <ul style="list-style-type: none"> <li>• Duck (may need to be ground)</li> <li>• Goose (may need to be ground)</li> </ul>
<b>Beef, goat, lamb</b> (lean cuts, fat trimmed and well cooked)	<ul style="list-style-type: none"> <li>• Very lean meats (may need to be ground), 90% lean or higher</li> </ul>	<b>Same as Phase 1.</b>	<b>Same as Phases 1 and 2 plus:</b> <ul style="list-style-type: none"> <li>• Lamb</li> </ul>
<b>DAIRY</b> (limit saturated fat; choose enriched milks <i>without</i> emulsifiers [carrageenan, carboxymethylcellulose, maltodextrose, polysorbate-80])	<ul style="list-style-type: none"> <li>• Non-dairy milks, unsweetened (almond, coconut, soy, hemp, oat, etc.)</li> <li>• Aged cheeses (Asiago, Blue, Brick, Brie, Camembert, Colby, sharp Cheddar, Edam, Gorgonzola, Gouda, Gruyere, Havarti, Limburger, Manchego, Monterey Jack, Muenster, Parmesan, Provolone, Romano, Roquefort, Stilton, Swiss, etc.)</li> <li>• Dry curd cottage cheese, Farmer's cheese</li> <li>• Hoop cheese</li> <li>• <b>Cultured</b> cottage cheese</li> </ul>	<b>Same as Phase 1.</b>	<b>Same as Phases 1 and 2.</b>
<b>No Raw Milk Cheeses</b>			

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	<ul style="list-style-type: none"> <li>• Kefir (plain)</li> <li>• Yogurt (plain with active probiotic, regular or Greek)</li> </ul>		
<b>NUTS/SEEDS</b>	<ul style="list-style-type: none"> <li>• Nut and seed butters (almond, cashew, chestnut, hazelnut, macadamia, peanut, pecan, pine nut, pistachio, tahini, sunflower seed, walnut, etc.)</li> <li>• Nut and seed flours</li> <li>• Chia (as tolerated; ground or pre-soaked, if needed)</li> <li>• Ground Flaxseed meal</li> <li>• Hemp seeds, as tolerated, ground/pre-soaked as needed</li> </ul>	<b>Same as Phase 1.</b>	<b>All from Phases 1 and 2 plus:</b> <ul style="list-style-type: none"> <li>• Whole nuts and seeds (almonds, cashews, chestnuts, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, pumpkin seeds (pepitas), walnuts, etc.)</li> </ul>
<b>GRAINS</b>	<ul style="list-style-type: none"> <li>• Oats (groats, steel-cut, or rolled; add double water to make softer and puree if needed)</li> <li>• Oat flour</li> </ul> <p><b>Note:</b> groats and steel-cut are less processed and preferred over rolled oats</p>	<b>Same as Phase 1.</b>	<b>Same as Phases 1 and 2.</b>
<b>BEANS/LEGUMES</b> (well-cooked, mashed, pureed, or flours) **	<ul style="list-style-type: none"> <li>• Miso (refrigerated variety has live cultures)</li> </ul>	<b>All from Phase 1 plus:</b> <ul style="list-style-type: none"> <li>• Hummus, as tolerated</li> <li>• Beans/Legumes (pureed and cooked well), as tolerated</li> <li>• Bean flours</li> <li>• Tofu non-GMO (silken can be eaten raw)</li> </ul>	<b>All from Phases 1 and 2 plus:</b> <ul style="list-style-type: none"> <li>• Aduki beans</li> <li>• Black beans</li> <li>• Chickpeas (garbanzo beans)</li> <li>• Edamame</li> <li>• Kidney beans</li> <li>• Lentils</li> <li>• Lima beans</li> </ul>

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			<ul style="list-style-type: none"> <li>• Navy/haricot beans</li> <li>• Split peas</li> <li>• Tempeh</li> <li>• Yellow split peas</li> </ul>
<b>FLOURS</b> (grain-free)	<ul style="list-style-type: none"> <li>• Nut and Seed flours (almond, brazil nut, cashew, chestnut, hazelnut, peanut, pecan, sunflower, etc.), as tolerated</li> <li>• Oat flour, as tolerated</li> </ul>	<p><b>All from Phase 1, puree if needed.</b></p> <p><b>plus:</b></p> <ul style="list-style-type: none"> <li>• Brazil nut</li> <li>• Cashew</li> <li>• Chestnut</li> <li>• Coconut</li> <li>• Fava bean</li> <li>• Garbanzo bean</li> <li>• Hazelnut</li> <li>• Lentil</li> <li>• Peanut</li> <li>• Pecan</li> <li>• Pistachio</li> <li>• Soy</li> </ul>	<b>All from Phases 1 and 2.</b>
<b>SWEETENERS</b>	• Honey (local, raw)	<b>Same as Phase 1.</b>	<b>Same as Phases 1 and 2.</b>
<b>SPICES, Herbs</b> (fresh or dried, without additives; no stems if fresh for Phases 1, 2)	<ul style="list-style-type: none"> <li>• Allspice</li> <li>• Basil</li> <li>• Bay leaf</li> <li>• Black pepper</li> <li>• Cardamom powder</li> <li>• Cilantro</li> <li>• Cinnamon</li> <li>• Clove powder</li> <li>• Coriander</li> <li>• Cumin</li> <li>• Curry powder</li> </ul>	<p><b>Same as Phase 1.</b></p>	All from Phases 1 and 2 plus: <ul style="list-style-type: none"> <li>• Cayenne pepper flakes (as tolerated)</li> <li>• Chile pepper powder (as tolerated)</li> <li>• Chili powder (as tolerated)</li> <li>• Fenugreek (leaves only)</li> </ul>

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	<ul style="list-style-type: none"> <li>• Dill</li> <li>• Fenugreek (leaves only)</li> <li>• Garlic (as tolerated)</li> <li>• Ginger (powder, grated)</li> <li>• Nutmeg</li> <li>• Marjoram</li> <li>• Mint</li> <li>• Oregano</li> <li>• Paprika (as tolerated)</li> <li>• Parsley</li> <li>• Rosemary</li> <li>• Sea salt</li> <li>• Thyme</li> <li>• Turmeric (include often!) puree or powder</li> <li>• Vanilla extract (pure)</li> <li>• Vanillin</li> </ul>		
OILS/FATS	<ul style="list-style-type: none"> <li>• Almond oil</li> <li>• Avocado oil</li> <li>• Butter (limit due to saturated fat)</li> <li>• Canola oil</li> <li>• Coconut oil</li> <li>• Flaxseed oil</li> <li>• Grapeseed oil</li> <li>• Macadamia butter</li> <li>• Olive oil</li> <li>• Walnut oil</li> </ul>	<p><b>All from Phase 1 plus:</b></p> <ul style="list-style-type: none"> <li>• Safflower oil (limit due to omega-6)</li> <li>• Sesame oil (limit due to omega-6)</li> <li>• Sunflower oil (limit due to omega-6)</li> </ul>	<p><b>All from Phases 1 and 2 plus:</b></p> <ul style="list-style-type: none"> <li>• Ghee (limit due to saturated fat))</li> </ul>
CONDIMENTS	<ul style="list-style-type: none"> <li>• Bragg's Amino Acids</li> <li>• <u>Ketchup</u></li> <li>• Mayonnaise</li> </ul>	<p><b>All from Phase 1 plus:</b></p> <ul style="list-style-type: none"> <li>• Mustard</li> </ul>	<p><b>All from Phases 1 and 2 plus:</b></p> <ul style="list-style-type: none"> <li>• Tabasco sauce (as tolerated)</li> <li>• Salsa</li> </ul>

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(no added sugar, corn syrup, or other additives)	<ul style="list-style-type: none"> <li>• Tamari soy sauce (no wheat)</li> <li>• Tomato sauce</li> <li>• Vinegar, as tolerated</li> </ul>		
<b>BEVERAGES</b> (WATER FIRST!)	<ul style="list-style-type: none"> <li>• Non-dairy milks</li> <li>• Coffee (limit in pregnancy)</li> <li>• Herbal teas (as tolerated)</li> <li>• Pau D'Arco tea (as tolerated)</li> <li>• Teas (green, black, ginger, raspberry leaf, peppermint, spearmint)</li> <li>• Apple cider</li> <li>• Club soda</li> <li>• Cranberry juice (no sugar)</li> <li>• 100%Fruit juice (watered down, no sugar)</li> <li>• Seltzer water, naturally flavored</li> </ul>	<b>All from Phase 1 plus:</b> <ul style="list-style-type: none"> <li>• Tomato juice</li> </ul>	<b>All from Phases 1 and 2.</b>
<b>SUPPLEMENTS</b> (only as directed by your OB, PCP, or RD)	<ul style="list-style-type: none"> <li>• Prenatal pill with DHA</li> <li>• Vitamin D</li> <li>• Fish oil, distilled or purified</li> <li>• B12, sublingual</li> <li>• Iron (liquid herbal better tolerated)</li> <li>• Liquid calcium</li> <li>• Flax oil (keep refrigerated)</li> <li>• Probiotics, as directed</li> <li>• Other, as directed</li> </ul>	<b>Same as Phase 1.</b>	<b>Same as Phases 1 and 2.</b>
<b>OTHER</b>	<ul style="list-style-type: none"> <li>• Umeboshi plums (see recipes for heartburn)</li> <li>• Baking soda</li> </ul>	<b>Same as Phase 1.</b>	<b>Same as Phases 1 and 2.</b>

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	<ul style="list-style-type: none"> <li>Baking powder(Featherweight or cornstarch-free)</li> <li>Broths (Bone broth, chicken, vegetable, beef broths)</li> <li>Cocoa powder (unsweetened)</li> <li>Kombu - add when cooking for added minerals and enzymes to help tolerate legumes. DO NOT EAT</li> </ul>		
<b>Sneaky Ingredients to AVOID</b>	<ul style="list-style-type: none"> <li>•Polysorbate 80</li> <li>•Maltodextrin</li> <li>•Carrageenan</li> <li>•Carboxymethylcellulose</li> <li>•Hydrogenated Oils</li> <li>•Artificial sweeteners, colors</li> </ul>	<b>Same as Phase 1.</b>	<b>Same as Phases 1 and 2.</b>
<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)	Clinical and preclinical data suggest that alcohol-related disorders are associated with quantitative and qualitative dysbiotic changes in the intestinal microbiota and may be associated with increased inflammation, intestinal hyperpermeability resulting in endotoxemia, systemic inflammation, and tissue damage/organ pathologies	Some alcohol, specifically red wine, has been correlated with beneficial changes to the diversity of the microbiome. However, this is likely to be undone with excessive alcohol use.	
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

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White Wine			X
Red Wine		X	X
Hard ciders (if gluten-free)			X
Beer, light, processed	Not recommended for any phase	Not recommended for any phase	Not recommended
IPA Beers, other fermentations	Stay tuned for future research!		

\* May need to puree and strain out seeds, depending on phase/tolerance. Avoid if you have strictures.

\*\* May need digestive enzymes to tolerate.

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