

Diet and IBD

What should I be eating?



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8 IBD dietary facts or fiction

True or false?

1. A lower fibre diet is better for people with IBD
2. Dairy gives people with IBD diarrhoea so is best avoided
3. Some fruits are high in sugar and fattening
4. I have Crohns Disease so shouldn't eat nuts and seeds
5. I need to eat lots of red meat as I have IBD and my iron is low
6. Certain foods trigger my IBD flares
7. I should be taking a probiotic for my IBD
8. I have IBD and can eat a normal diet

A lower fibre diet is better for people with IBD



Dairy gives people with IBD diarrhoea
so is best avoided



Some fruits are high in sugar and fattening



I have Crohns Disease
so shouldn't eat nuts and seeds



I need to eat lots of red meat as I have IBD
and my iron is low



Certain foods will trigger my IBD flares



Probiotic are good for my IBD



I have IBD and can eat a normal diet





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Food-related Quality of Life in IBD

A questionnaire-based study for people with IBD who would like to share their views on life with IBD and how this affects diet, lifestyle and the food they eat

The Queen Elizabeth Hospital, South Australia

To enquire or enrol, please contact Alice Day, Senior Research Dietitian

Alice.Day@sa.gov.au

So how should I balance my diet
for my IBD?



SERVE SIZES



Vegetables and legumes/beans

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	5½	5
Women	5	5	5

A standard serve of vegetables is about 75g (100-350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
 - ½ cup cooked, dried or canned beans, peas or lentils*
 - 1 cup green leafy or raw salad vegetables
 - ½ cup sweet corn
 - ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
 - 1 medium tomato
- *preferably with no added salt



Fruit

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2	2	2
Women	2	2	2

A standard serve of fruit is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
 - 2 small apricots, kiwi fruits or plums
 - 1 cup dried or canned fruit (with no added sugar)
- Or only occasionally:
- 125ml (½ cup) fruit juice (with no added sugar)
 - 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	6	4½
Women	6	4	3

A standard serve (500kJ) is:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ½ cup (30g) wheat cereal flakes
- ½ cup (30g) muesli
- ½ (35g) crispbread
- 1 (80g) crumpet
- 1 small (35g) English muffin or scone

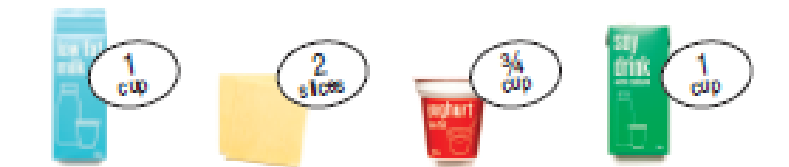


Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	3	2½	2½
Women	2½	2	2

A standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
 - 80g cooked lean poultry such as chicken or turkey (100g raw)
 - 100g cooked fish fillet (about 115g raw weight) or one small can of fish eggs
 - 2 large (120g) eggs
 - 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
 - 170g tofu
 - 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)
- *weekly limit of 450g



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4

A standard serve (500-600kJ) is:

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (125ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ½ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

Fine tuning a healthy balanced diet

- Processed foods
 - Excess added sugar
 - Artificial sweeteners
 - Emulsifiers
 - Preservatives
 - Sulphites
 - Nitrites



What about nutritional supplements?

- Fish oils
- Turmeric
- Co-enzyme Q10
- Vitamin C
- Vitamin D
- Iron
- Zinc



How to access a Dietitian for individualised dietary advice

- Hospital IBD Service referral
- Medicare Chronic Disease Self-management plan
- Private gastroenterology-specialist Dietitian
 - Find an APD www.daa.asn.au



EXPLORING DIET THERAPY IN ULCERATIVE COLITIS

Diet

Ulcerative Colitis

Microbiome



EAT-UC Dietary Intervention Study

A study for people interested in diet who have mild-moderate Ulcerative Colitis

The Queen Elizabeth Hospital

Register interest and all enquiries to Alice Day, Senior Research Dietitian

Alice.Day@sa.gov.au

Would you like to ask any questions?

