RDN CHEAT SHEET: POPULAR DIETS FOR CROHN'S AND ULCERATIVE COLITIS

A reference guide to help RDNs quickly identify
what foods are OK and not OK on well-known IBD diets

POPULAR DIETS FOR INFLAMMATORY BOWEL DISEASE (IBD)

SCD	IBD-AID	LOW FODMAP	CDED	AIP	LOFFLEX
Vegetables					
Non-starchy	Non-starchy	Non-starchy	Non-starchy - *very limited (see note)*	Non-starchy - *all but nightshades*	Non-starchy - *excluding tomatoes, onions*
Starchy	Starchy - *limited*	Starchy	Starchy	Starchy	Starchy - *excluding parsnips*
Fruit					
Fresh or frozen - All	Fresh or frozen	Fresh or frozen	Fresh or frozen - *very limited*	Fresh or frozen	Fresh or frozen *(see note)*
Dried	Dried	Dried	Dried	Dried	Dried
Canned - *without added sugar*	Canned - *without added sugar*	Canned *(see note)*	Canned - *without added sugar*	Canned - *without added sugar*	Canned
		* Note: Most canned fruit hasn't been tested. Best avoided.	* Note: limited to peeled apple, banana, avocado, a few strawberries, melon, and freshly squeezed OJ.	* Note: in small quantities.	* Note:Does not allow bananas, apples, citrus, or berries

KEY	Allows	Allows in limited selection or quantity	Does not allow

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SCD	IBD-AID	LOW FODMAP	CDED	AIP	LOFFLEX
Dairy					
Cheese - *low lactose*	Cheese - *low lactose*	Cheese - *low lactose*	Cheese	Cheese	Cheese
Yogurt - *homemade only*	Yogurt - *unsweetened*	Yogurt - *lactose-free only*	Yogurt	Yogurt	Yogurt
Milk	Milk	Milk - *lactose-free only*	Milk	Milk	Milk
Ghee	Ghee	Ghee	Ghee	Ghee	Ghee
Butter	Butter	Butter	Butter	Butter	Butter
Grains, Corn & Potato					
Wheat	Wheat	Wheat	Wheat	Wheat	Wheat
Barley	Barley	Barley	Barley	Barley	Barley
Rye	Rye	Rye	Rye	Rye	Rye
Oats	Oats	Oats	Oats	Oats	Oats
Rice	Rice	Rice	Rice	Rice	Rice - *white preferable*
Buckwheat	Buckwheat	Buckwheat	Buckwheat	Buckwheat	Buckwheat
Quinoa	Quinoa	Quinoa	Quinoa	Quinoa	Quinoa
Corn	Corn	Corn	Corn	Corn	Corn
Potato	Potato	Potato	Potato - *2 per day*	Potato	Potato
		* Note: certain sourdough breads are OK	* Note: Frozen potatoes and potato flour not allowed		

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POPULAR DIETS FOR INFLAMMATORY BOWEL DISEASE (IBD)

SCD	IBD-AID	LOW FODMAP	CDED	AIP	LOFFLEX
Nuts & Peanuts					
Whole nuts	Whole nuts	Whole nuts - *most in small qtys *see note*	Whole nuts	Whole nuts	Whole nuts
Peanuts	Peanuts	Peanuts	Peanuts	Peanuts	Peanuts
Nut flour	Nut flour	Nut flour - *limited*	Nut flour	Nut flour	Nut flour
Nut butter - *w/o additives*	Nut butter - w/o additives	Nut butter - *w/o additives*	Nut butter - w/o additives	Nut butter - w/o additives	Nut butter - *w/o additives*
Peanut butter - w/o additives	Peanut butter - w/o additives	Peanut butter	Peanut butter - *w/o additives*	Peanut butter - w/o additives	Peanut butter - *w/o additives*
Seeds *(e.g. sesame, pumpkin, chia, flax)*	Seeds *(e.g. sesame, pumpkin, chia, flax)*	Seeds *(e.g. sesame, pumpkin, chia, flax)*	Seeds *(e.g. sesame, pumpkin, chia, flax)*	Seeds *(e.g. sesame, pumpkin, chia, flax)*	Seeds *(e.g. sesame, pumpkin, chia, flax)*
		* Note: Cashews and pistachios not allowed.			
Beans & Legumes					
Soy	Soy	Soy	Soy	Soy	Soy *(see note)*
Others	Others	Others	Others	Others	Others
					* Note: Soy-based dairy alternatives are OK but tofu is not

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SCD	IBD-AID	LOW FODMAP	CDED	AIP	LOFFLEX
Meat, Fish, Eggs					
Red Meat	Red Meat	Red Meat	Red Meat - *limited to 1x*	Red Meat	Red Meat
Poultry	Poultry	Poultry	Poultry	Poultry	Poultry
Pork	Pork	Pork	Pork	Pork	Pork
Seafood	Seafood	Seafood	Seafood	Seafood	Seafood
Eggs	Eggs	Eggs	Eggs	Eggs	Eggs
* Note: No canned meats. No smoked or processed meats with additives.			* Note: No canned meats. No smoked or processed meats or fish.	* Note: Pastured, grass-fed, and/or organic is preferred.	* Note: No processed meat products, such as hot dogs.
Sweeteners					
Sugar	Sugar	Sugar	Sugar, *less than 2-3 tsp/day for cooking or in tea*	Sugar	Sugar
Honey	Honey	Honey	Honey	Honey	Honey
Maple Syrup	Maple Syrup	Maple Syrup	Maple Syrup	Maple Syrup	Maple Syrup
		* Note: no restrictions on sugar.	* Note: in limited quantities.		* Note: No restrictions on sugar.

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POPULAR DIETS FOR INFLAMMATORY BOWEL DISEASE (IBD)

SCD	IBD-AID	LOW FODMAP	CDED	AIP	LOFFLEX
Oils					
Avocado	Avocado	Avocado	Avocado	Avocado	Avocado
Canola	Canola	Canola	Canola	Canola	Canola
Coconut	Coconut	Coconut	Coconut	Coconut	Coconut
Olive	Olive	Olive	Olive	Olive	Olive
Soybean	Soybean	Soybean	Soybean	Soybean	Soybean
Sesame	Sesame	Sesame	Sesame	Sesame	Sesame
Other					
Coffee - *weak*	Coffee	Coffee	Coffee	Coffee	Coffee - *decaf only*
Tea - *most herbals, weak black*	Tea	Tea	Tea - *limited to herbal tea*	Tea	Tea - *decaf and herbals*
Cocoa powder	Cocoa powder - *unsweetened*	Cocoa powder	Cocoa powder	Cocoa powder	Cocoa powder
Food additives	Food additives	Food additives	Food additives	Food additives	Food additives

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OVERVIEW OF THE 6 IBD DIETS INCLUDED IN THIS CHEAT SHEET

SPECIFIC CARBOHYDRATE DIET: The Specific Carbohydrate Diet (SCD) eliminates carbohydrates requiring digestion in the small intestine. It is based on the idea that people with Crohn's or ulcerative colitis have an overgrowth and imbalance of gut flora resulting in maldigestion, malabsorption and inflammation. By removing complex carbohydrates, the diet aims to restore microbial balance, proper digestion and absorption, and heal the digestive tract. Small studies suggest that the SCD can induce clinical and mucosal remission in children with Crohn's disease. Larger studies are underway investigating the role of the SCD for achieving remission in adults with IBD.

IBD-AID: The Anti-Inflammatory Diet for IBD (IBD-AID) originated from the Specific Carbohydrate Diet and modified to reflect recent research on the gut microbiome. The diet has three phases, which aim to treat IBD flares through altering food texture, restoring microbial symbiosis, and reducing inflammation. Previous research supports the potential for the IBD-AID to treat IBD as an adjunctive or alternative therapy.

LOW FODMAP DIET: Developed by a research team at Monash University in Melbourne, Australia, the low FODMAP diet manages gastrointestinal symptoms associated with irritable bowel syndrome (IBS). FODMAP is an acronym for fermentable oligosaccharides, disaccharides, monosaccharides and polyols. These are certain sugars and fibers that are highly fermentable and poorly absorbed in the small intestine. Many people with IBD suffer from IBS. Research suggests that the low FODMAP diet may improve functional symptoms in patients with inactive Crohn's disease or ulcerative colitis.

OVERVIEW OF THE 6 IBD DIETS INCLUDED IN THIS CHEAT SHEET

CDED: The Crohn's Disease Exclusion Diet (CDED) removes components of the Western diet suspected to upset the gut microbiome or increase intestinal permeability. Besides excluding some foods, it requires the inclusion of others. Studies have shown improvements in mucosal healing, patient-reported outcomes, and inflammatory markers in children and adults with Crohn's disease following the CDED. The CDED works best when combined with partial enteral nutrition (PEN).

AUTOIMMUNE PROTOCOL: The Autoimmune Protocol, or AIP diet, is a more restrictive version of the Paleo diet. The AIP focuses on healing the gut by eliminating foods that trigger inflammation in those with an autoimmune disease, such as Crohn's or ulcerative colitis. In a 2017 study, 11 out of 15 adults with active IBD reached clinical remission after six weeks on the AIP.

LOFFLEX: LOFFLEX stands for Low Fat, Fibre Limited Exclusion. As its name suggests, it excludes foods high in fat and fiber. It is designed to help people with Crohn's disease transition from a liquid diet to a "safe food" diet. According to the founders of the LOFFLEX diet, there is some evidence to suggest that following this diet may help to maintain remission of Crohn's disease.

ABOUT WELLNESS BY FOOD

Welcome!

Here at Wellness by Food, we believe that food has a tremendous impact on the body's ability to heal.

Our IBD experts include a Registered Dietitian Nutritionist, a Culinary Nutrition Expert, and a guy who manages his IBD through food. With our expert nutrition advice + culinary skill + personal experience, we can help make nutrition a driving factor in your healing process!

OUR EXPERTS

Colleen Webb, MS, RDN, CLT
Colleen's a registered dietitian nutritionist at an IBD Center and in private practice who has helped thousands of people improve their lives using food. She has witnessed firsthand the profound impact proper nutrition can have on those suffering from IBD. She is a go-to resource for physicians, patients and other dietitians and nutritionists seeking answers to their IBD-nutrition questions.

Bertina Lee, Culinary Nutritionist
Bertina is a certified culinary nutrition expert who believes that everyone is able to improve their health starting in their kitchens. Whether newly diagnosed with IBD or struggling with ongoing digestive issues, she can teach you the basic fundamentals of how to use real and delicious foods to heal.

Scott Lippman, diagnosed with Crohn's
Scott comes from the patient side as someone who was diagnosed with IBD and learned how to use nutrition and lifestyle as his primary tools for healing. With adjustments to what he eats and how he lives his life, he now manages his IBD without medication.