REINTRODUCING FRUITS &VEGGIES WITH IBD

Here's a list of low gas-producing, soft fruits and vegetables that most people with IBD tolerate. Use this as a guide to reintroduce fruits and vegetables to your diet.

CHALLENGE FOODS FOR BEGINNERS		
	SOFTER FIBER	**ROUGHAGE**
MORE LIKELY TO CAUSE GAS	Apples, no skin Apple sauce Apricot, fresh Asparagus tips Beets, well-cooked Broccoli florets, well-cooked Cauliflower florets, well-cooked Garlic, minced Mangos Nectarines, no skin Peaches, no skin Pears, no skin Pear sauce Watermelon	Apples with skin Artichokes Asparagus stalks Broccoli stalks Brussels sprouts Cabbage Cauliflower stalks Cherries Celery Corn kernels Dried fruit Mushrooms Onions Raspberry Peas
LESS LIKELY TO CAUSE GAS	Avocado, <¼ large Banana, <½ large Cantaloupe Carrots, well-cooked Cucumbers, no skin Eggplant, no skin or seeds Green beans, cooked tender Herbs, fresh, minced Honeydew, < ½ cup Kiwi, no skin Oranges / Tangerines / Clementines Papaya Parsnips, cooked soft Plantains, cooked soft Potatoes, white, red, no skin Pumpkin Sweet potato, no skin Summer squash, no skin Turnips, cooked soft / mashed Winter squash, cooked soft / mashed Yam, no skin	Arugula Bell peppers Blackberries Blueberries Bok choy Collard greens Edamame Endive Grapes Lettuce, all varieties Kale Olives Scallions Spinach Strawberries