

# Irritable Bowel Disease

## What is Irritable Bowel Disease (IBD)?

A chronic inflammatory disease caused by an inappropriate immune response which affects all or part of the digestive tract. Both Crohn's and Ulcerative Colitis are forms of IBD.

Crohn's may affect any part of the GI tract from the mouth to the anus.

Ulcerative Colitis (UC) affects mostly the colon or large intestine.

Both forms of IBD can cause diarrhea, rectal bleeding, urgency for bowel movements, abdominal cramps, weight loss, constipation, and a sensation of incomplete evacuation.

## Treatment for IBD

Avoid trigger foods and specific foods during flare-ups

## Main Goals for IBD (Crohn's & UC)

Achieve remission (absence of symptoms) &  
Maintain remission (prevent flare-ups)

## Trigger Foods (IBD)

Acidic Foods  
Caffeine  
Cruciferous Vegetables (broccoli, cauliflower)  
Seeds, Nuts  
Corn, Popcorn  
Beans, Lentils

## During an IBD flare-up

### Avoid:

Raw vegetables, fruits with peels and seeds, high fiber grains with nuts and seeds

### Eat More:

Soft, low fiber grains, skinless and seedless fruits, well cooked vegetables, lean meats, eggs, and peanut butter