

# IBD-AID™ ALLOWABLE FOODS LIST

## PHASE 1

### Phase 1: Active flare, symptoms present

- Achieve silken texture
- Foods must be cooked, pureed, ground, or finely minced
- No seeds or stems
- No hard peels or skins
- \* **Avoid these textures if you have strictures. May need to puree foods and/or strain out seeds, depending on phase/tolerance.**

\*\* May need digestive enzymes to tolerate.

### FRUITS

(Fresh, frozen, canned)  
unsweetened and without any added sweeteners

Wash fruit before cutting and eating



- Avocados
- Bananas
- Lemons, Limes (juice)
- Papaya
- 100% Fruit juices (may need to dilute)

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## VEGETABLES

Wash vegetables before cutting and eating

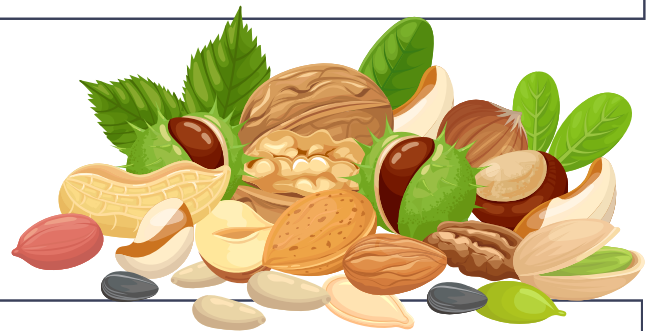
**Puree as needed**



- Acorn squash
- Algae (blue green, spirulina, powdered or pureed)
- Beets (caution they come through red!)
- Butternut squash
- Carrots (pureed)
- Green beans (pureed)
- Greens (pureed)
- Mushrooms (pureed)
- Onions (pureed)
- Pumpkin
- Scallions (pureed)
- Sea vegetables (e.g. nori)
- Spinach (raw if stemless, cooked and pureed with stems)
- Sweet potato (limit to occasional intake)
- Winter squash

## PROTEINS

Plant-Based  
(beans/legumes,  
nuts, seeds)



- Miso (refrigerated variety has live cultures)
- Nut and seed butters (almond, cashew, chestnut, hazelnut, macadamia, peanut, pecan, pine nut, pistachio, tahini, sunflower seed, walnut, etc.)
- Chia (as tolerated; ground or pre-soaked, if needed)
- Ground Flaxseed meal
- Tofu, organic, non-GMO\*\*

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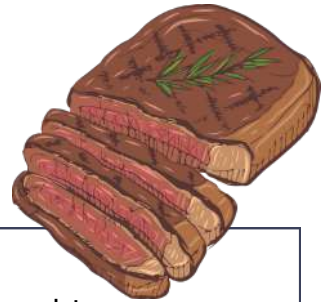
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## FISH/SEAFOOD



- Low Mercury fish (no bones)
- Canned fish (no bones)
- Scallops (minced)
- Lobster (minced)

## BEEF, GOAT, LAMB



(lean cuts, fat trimmed and well cooked)

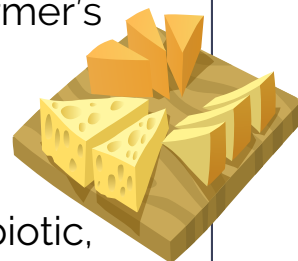
- Very lean meats (may need to be ground), 90% lean or higher

## DAIRY



(Limit saturated fat; choose enriched milks without emulsifiers [carrageenan, carboxymethylcellulose, maltodextrin, polysorbate-80])

- Non-dairy milks, unsweetened (almond, coconut, soy, hemp, oat, etc.)
- 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.)
- Dry curd cottage cheese, Farmer's cheese
- Hoop cheese
- Cultured cottage cheese
- Kefir (plain)
- Yogurt (plain with active probiotic, regular or Greek)



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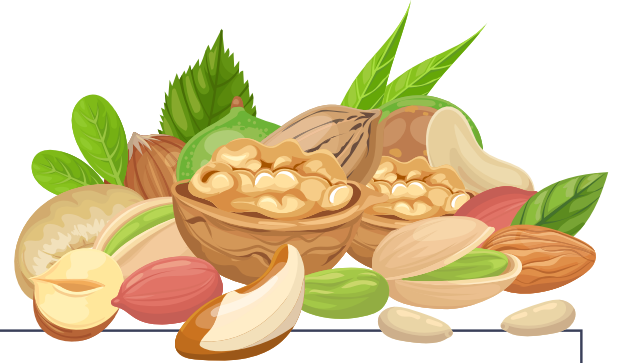


## POULTRY

(Fat trimmed and well cooked)

- Chicken, light or dark meat (no skin; may need to be ground)
- Turkey, light or dark meat (no skin; may need to be ground)
- Eggs (omega-3)

## NUTS/SEEDS



- Nut and seed butters (almond, cashew, chestnut, hazelnut, macadamia, peanut, pecan, pine nut, pistachio, tahini, sunflower seed, walnut, etc.)
- Nut and seed flours
- Chia (as tolerated; ground or pre-soaked, if needed)
- Ground Flaxseed meal
- Hemp seeds, as tolerated, ground/pre-soaked as needed

## BEANS/LEGUMES

(well-cooked, mashed, pureed, or flours) \*\*



- Miso (refrigerated variety has live cultures)
- Tofu non-GMO\*\*



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## GRAINS

Note: groats and steel-cut are less processed and preferred over rolled oats

- Oats (groats, steel-cut, or rolled; add double water to make softer and puree if needed)
- Oat flour (baked goods should be soft/moist consistency for Phase 1)

## SPICES, HERBS

(fresh or dried, without additives; no stems if fresh for Phases 1, 2)



- Allspice
- Basil
- Bay leaf
- Blackpepper
- Cilantro
- Cinnamon
- Clove powder
- Coriander
- Cumin
- Curry powder
- Dill
- Nutmeg
- Marjoram
- Mint
- Oregano
- Cardamom powder
- Paprika (as tolerated)
- Fenugreek (leaves only)
- Garlic (as tolerated)
- Ginger (powder, grated)
- Parsley
- Rosemary
- Sea salt
- Thyme
- Turmeric (include often!) puree or powder
- Vanilla extract (pure)
- Vanillin

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## FLOURS

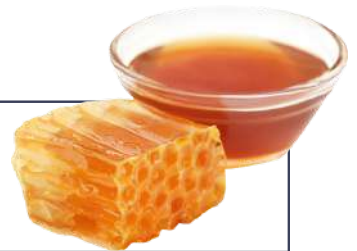
(Grain-free)

- Nut and Seed flours (almond, Brazil nut, cashew, chestnut, hazelnut, peanut, pecan, sunflower, etc.), as tolerated
- Oat flour, as tolerated



## SWEETENERS

- Honey (local, raw)



## OILS/FATS

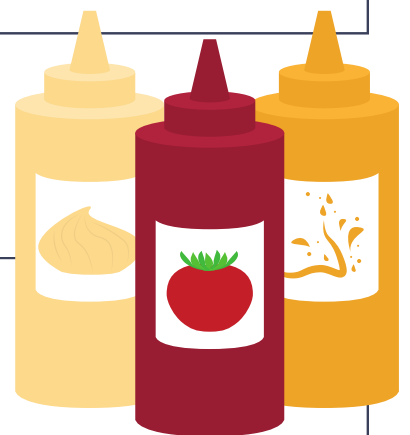


- Almond oil
- Avocado oil
- Butter (limit due to saturated fat)
- Canola oil
- Coconut oil
- Flaxseed oil
- Grapeseed oil
- Macadamia butter
- Olive oil
- Walnut oil

## CONDIMENTS

(no added sugar, corn syrup, or other additives)

- Bragg's Amino Acids
- Ketchup
- Mayonnaise
- Tamari soy sauce (no wheat)
- Tomato sauce
- Vinegar, as tolerated



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## BEVERAGES

(WATER FIRST!)

(No sugar added and no artificial sweeteners)

- Non-dairy milks
- Coffee (limit in pregnancy)
- Herbal teas (as tolerated)
- Pau D'Arco tea (as tolerated)
- Teas (green, black, ginger, raspberry leaf, peppermint, spearmint)
- Apple cider (no sugar added)
- Club soda
- Cranberry juice (no sugar)
- 100% Fruit juice (watered down, no sugar)
- Seltzer water, naturally flavored

## OTHER

- Umeboshi plums (see recipes for heartburn)
- Baking soda
- Baking powder (Featherweight or cornstarch-free)
- Broths (Bone broth, chicken, vegetable, beef broths)
- Cocoa or cacao powder (unsweetened)
- Kombu – add when cooking for added minerals and enzymes to help tolerate legumes. DO NOT EAT



## SNEAKY INGREDIENTS TO AVOID

- Polysorbate 80
- Maltodextrin
- Carrageenan
- Carboxymethylcellulose
- Hydrogenated Oils
- Artificial sweeteners, colors

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## ALCOHOL

(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

Bourbon, gin, Scotch/whiskey

Vodka (Wheat, rye, barley, potato, corn or rice-based)

Vodka (fruit-based)

White Wine

Red Wine

Hard ciders (if gluten- free)

Beer, light, processed

IPA Beers, other fermentations

Not recommended for any phase

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### Credit -

Center for Applied Nutrition at UMass Chan Medical School