

IBD-AID™ ALLOWABLE FOODS LIST

PHASE 2

Phase 2: Intermittent symptoms

- Achieve soft texture
- Foods must be cooked, pureed, ground, or finely minced
- May need to grind or finely mince some foods, especially proteins
- 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)

IBD-AID™ ALLOWABLE FOODS LIST

PHASE 2 INTERMITTENT SYMPTOMS



FRUITS

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

Wash fruit before
cutting and eating

- Apples (may need to peel)
- Apricots
- Blackberries*
- Blueberries*
- Cantaloupe
- Cherimoya (soft)
- Cherries
- Coconut
- Dates (paste)
- Guava
- Grapes (red/black/purple)
- Lychee
- Mangos
- Melon
- Nectarines
- Papaya
- Passion fruit*
- Peaches
- Pears
- Persimmons
- Pineapple
- Plums
- Prunes
- Raisins*
- Raspberries*
- Starfruit
- Strawberries*
- Tangerines
- Watermelon (seedless)

IBD-AID™ ALLOWABLE FOODS LIST

PHASE 2 INTERMITTENT SYMPTOMS

VEGETABLES

Wash vegetables
before cutting and
eating

Puree as needed



• Phase 1 Plus

• Phase 1:

- 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)
- Wintersquash

- Artichokes
- Asparagus
- Beets
- Bell peppers (cooked)
- Bok choy
- Canned vegetables (no additives)
- Capers
- Cauliflower (riced)**
- Celery root
- Chard
- Chicory root (pureed)
- Chicory greens
- Collard greens
- Eggplant
- Jerusalem artichoke
- Kale, Arugula (leaves only)
- Leeks (pureed)
- Micro greens
- Mushrooms
- Olives (black, green; limit due to sodium)
- Onions (cooked)
- Rutabaga
- Scallions
- Snow peas (strings and stems removed)
- Spaghetti Squash
- String beans
- Sweet potato (limit to occasional intake)
- Tomatoes
- Water chestnuts
- Watercress
- Zucchini

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PHASE 2 INTERMITTENT SYMPTOMS

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**
- Hummus, as tolerated
- Other beans, pureed and well-cooked, as tolerated
- Bean pastas (well-cooked, as tolerated)

FISH/SEAFOOD



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

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PHASE 2 INTERMITTENT SYMPTOMS



POULTRY

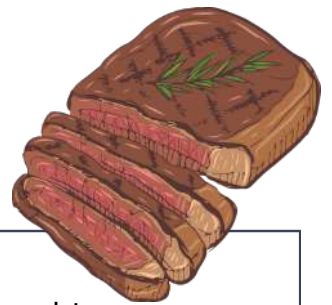
(Fat trimmed and well cooked)

- 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)

BEEF, GOAT, LAMB

(lean cuts, fat trimmed and well cooked)

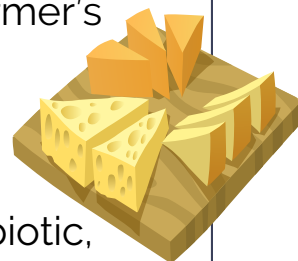
- Very lean meats (may need to be ground), 90% lean or higher



DAIRY

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

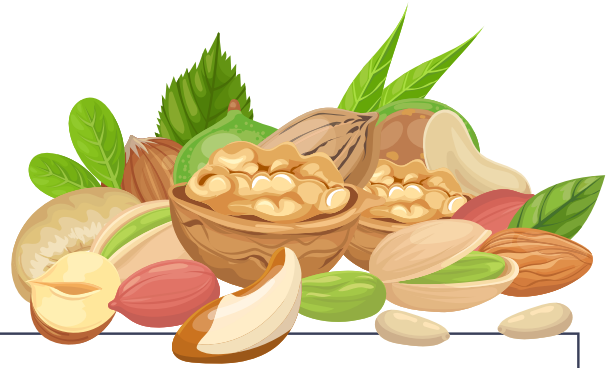
- Non-dairy milks, unsweetened (almond, coconut, soy, hemp, oat, etc.)
- Aged cheeses (Asiago, Blue, Brick, Brie, Camembert, Colby, sharp Cheddar, Edam, Gorgonzola, Gouda, Gruyere, Havarti, Limburger, Manchego, Monterey Jack, Muenster, Parmesan, Provolone, Romano, Roquefort, Stilton, Swiss, etc.)
- Dry 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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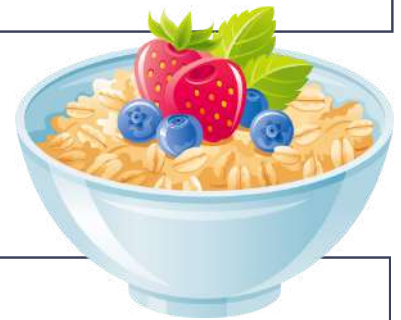
NUTS/SEEDS



- 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

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)

BEANS/LEGUMES

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

- Miso (refrigerated variety has live cultures)
- Tofu non-GMO**
- Hummus, as tolerated
- Beans/Legumes (pureed and cooked well), as tolerated
- Bean flours
- Bean pastas (well-cooked, as tolerated)
- Tofu non-GMO (silken can be eaten raw)



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PHASE 2 INTERMITTENT SYMPTOMS

FLOURS

(Grain-free)

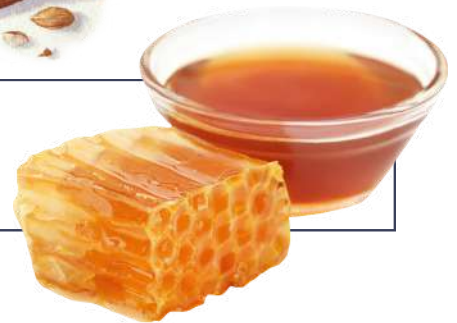
puree if needed.

- Nut and Seed flours (almond, Brazil nut, cashew, chestnut, hazelnut, peanut, pecan, sunflower, etc.), as tolerated
- Oat flour, as tolerated
- Brazil nut
- Cashew
- Chestnut
- Coconut
- Fava bean
- Garbanzo bean
- Hazelnut
- Lentil
- Peanut
- Pecan
- Pistachio
- Soy



SWEETENERS

- Honey (local, raw)



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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PHASE 2 INTERMITTENT SYMPTOMS

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
- Safflower oil (limit due to omega-6)
- Sesame oil (limit due to omega- 6)
- Sunflower oil (limit due to omega-6)

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
- Mustard



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
- Tomato juice

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PHASE 2 INTERMITTENT SYMPTOMS

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

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)

Some alcohol, specifically red wine, has been correlated with beneficial changes to the diversity of the microbiome. However, this is likely to be undone with excessive alcohol use.



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PHASE 2 INTERMITTENT SYMPTOMS

Bourbon, gin, Scotch/whiskey
Vodka (Wheat, rye, barley, potato, corn or rice-based)
Vodka (fruit-based)

Not recommended for any phase

White Wine
Red Wine
Hard ciders (if gluten- free)
Beer, light, processed
IPA Beers, other fermentations

Not recommended for any phase

Credit -

Center for Applied Nutrition at UMass
Chan Medical School