

IBD-AID™ ALLOWABLE FOODS LIST

PHASE 3

Phase 3: Remission/maintenance

- All foods listed, as tolerated


* 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 3: REMISSION/MAINTENANCE



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)
- Citrus (e.g., grapefruit, kumquats, lemons, limes, oranges, tangerines)
- Cranberries (unsweetened, cooked)
- Dates, other dried fruits
- Figs*
- Kiwi*
- Pomegranate*

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PHASE 3: REMISSION/MAINTENANCE

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)
- Wintersquash



- Artichokes
- Asparagus
- Beets
- Bok choy
- Rutabaga
- Scallions
- Capers
- Tomatoes
- String beans
- Watercress
- Zucchini
- Celery root
- Chard
- Chicory greens
- Collard greens
- Eggplant
- Leeks (pureed)
- Micro greens
- Mushrooms
- Water chestnuts
- Cauliflower (riced)**
- Chicory root (pureed)
- Jerusalem artichoke
- Kale, Arugula (leaves only)
- Olives (black, green; limit due to sodium)
- Onions (cooked)
- Canned vegetables (no additives)
- Bell peppers (cooked)
- Snow peas (strings and stems removed)
- Spaghetti Squash
- Sweet potato (limit to occasional intake)
- Arugula (raw)
- Bell peppers (sweet peppers better tolerated than green)
- Black radish
- Broccoli**
- Brussel sprouts**
- Celery
- Chicory root
- Cucumbers (avoid waxed)
- Dill pickles (no sugar)
- Kale
- Leeks
- Onions (raw or cooked)
- Fermented or pickled veggies**
- Cabbage (regular or fermented) [sauerkraut and kimchi] **
- Romaine Lettuce

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PHASE 3: REMISSION/MAINTENANCE



PROTEINS

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

- Lima beans
- Navy/haricot beans
- Split peas
- Soy beans (edamame)
- Tempeh (wheat free)
- Whole nuts and seeds (almonds, cashews, chestnuts, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, seeds, walnuts, etc.)

- 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)

- Aduki beans
- Black beans
- Chickpeas (garbanzo beans)
- Kidney beans
- Lentils



FISH/SEAFOOD

- Canned Fish (small bones OK, as tolerated)
- Crab
- Shrimp
- Prawns

- 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 3: REMISSION/MAINTENANCE



POULTRY

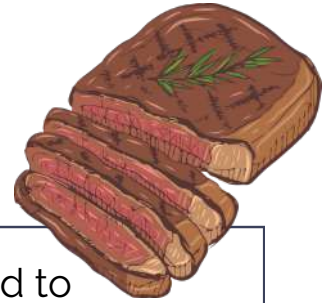
(Fat trimmed and well cooked)

- 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)
- Duck (may need to be ground)
- Goose (may need to be ground)

BEEF, GOAT, LAMB

(lean cuts, fat trimmed and well cooked)

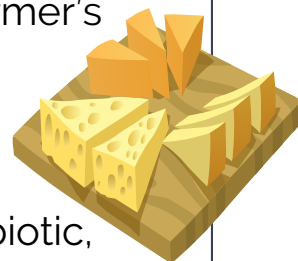
- Very lean meats (may need to be ground), 90% lean or higher
- Lamb



DAIRY

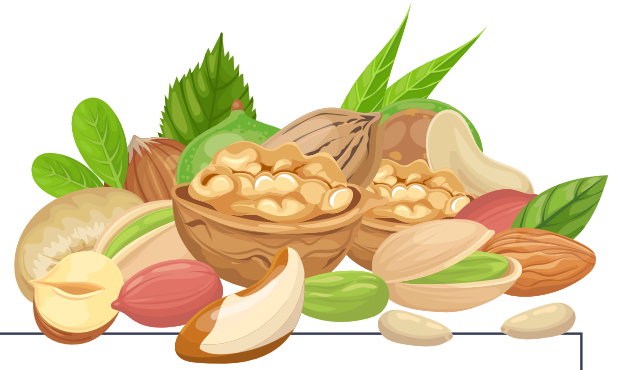
(Limit saturated fat; choose enriched milks without emulsifiers [carrageenan, carboxymethylcellulose, maltodextrin, polysorbate-80])

- 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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PHASE 3: REMISSION/MAINTENANCE



NUTS/SEEDS

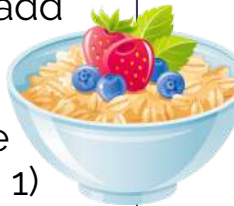
- Whole nuts and seeds (almonds, cashews, chestnuts, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, pumpkin seeds (pepitas), walnuts, etc.)

- 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) **

- Lima beans
- Navy/haricot beans
- Split peas
- Tempeh
- Yellow split peas

- 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)
- Chickpeas (garbanzo beans)
- Aduki beans
- Black beans
- Edamame
- Kidney beans
- Lentils



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PHASE 3: REMISSION/MAINTENANCE

FLOURS

(Grain-free)

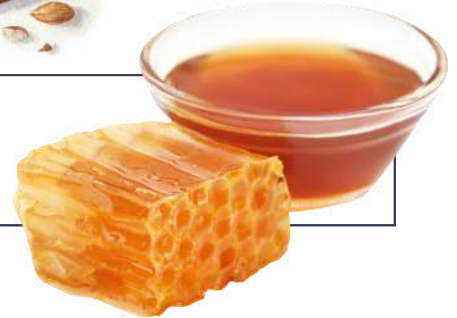
puree if needed.

- 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
- Cilantro
- Cinnamon
- Coriander
- Cumin
- Dill
- Nutmeg
- Marjoram
- Mint
- Oregano
- Blackpepper
- Clove powder
- Curry powder
- 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
- Cayenne pepper flakes (as tolerated)
- Chile pepper powder (as tolerated)
- Chili powder (as tolerated)
- Fenugreek (leaves only)

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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)
- Ghee (limit due to saturated fat)

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
- Tabasco sauce (as tolerated)
- Salsa



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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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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Bourbon, gin, Scotch/whiskey	X	
Vodka (Wheat, rye, barley, potato, corn or rice-based)		Not recommended for any phase
Vodka (fruit-based)	X	
White Wine	X	
Red Wine	X	
Hard ciders (if gluten- free)	X	
Beer, light, processed		Not recommended for any phase
IPA Beers, other fermentations		

Credit -

Center for Applied Nutrition at UMass
Chan Medical School