



Back to School with IBD

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Overview

- Digestion
- Symptoms
- Diet tips during, and after a flare up
- Tips for school



Crohn's Disease and Ulcerative Colitis

Effects digestion

- When the small intestine is inflamed the intestine is unable to fully digest and absorb nutrients from foods.
- Most digestion of carbohydrates, protein, and fat takes place in the duodenum and the first 3 feet of the jejunum.

Common Symptoms

- Diarrhea
- Acute abdominal pain
- Cramping
- Fever
- Fatigue

Diet and nutrition are very important in IBD management to prevent malnutrition or weight loss.

Key to Good Health

- Eating right, especially in children.
- Consuming enough protein, calories, vitamins, and minerals.
- Including all of the food groups:
 - ◆ Meat (or alternative source)
 - ◆ Dairy (unless lactose intolerant)
 - ◆ Grains
 - ◆ Fruits/Vegetables
- Formulating a diet that is right for the patient.

Diet's are Individualized

- Diet and nutrition **do not** play a role in **causing** IBD but can help **reduce** symptoms and promote healing.
- Pay attention to the way certain foods affect your body.
- Eliminate foods that worsen your symptoms.
- Problem foods depend on the severity of the disease and the part of the intestine involved.

During a Flare-Up

- Avoid foods that will increase stool output (higher fiber foods)
- Decrease concentrated sweets, to decrease the amount of water pulled into your intestine.
- Decrease fried or greasy foods
- Increase omega-3 fatty acids
- Consume smaller more frequent meals
- Nutritional supplements if food intake is decreased

Diet Progression after a Flare-Up

- Slowly increase variety back into the diet
- Introduce one or two items every few days
- Add fiber to diet as tolerated
- Increase the amount of calories and protein intake after a flare up

Suggestions for Foods after a Flare-Up

- Diluted juice
- Applesauce
- Canned fruit
- Oatmeal
- White or Sourdough bread
- Plain chicken, turkey, or fish
- Eggs or egg substitute
- Mashed potatoes, rice or noodles

Tips to Help Manage IBD

- Eat small frequent meals and snacks
- Avoid skipping meals
- Slow down while you eat
- Drink plenty of fluids
- Limit gas-producing vegetables
- Avoid greasy/fried foods
- Avoid carbonated beverages
- If you are lactose intolerant, avoid lactose. Recommend a soy-based alternative.
- Be cautious with sorbitol
- Nutritional supplements

Food Diary

Should Include:

- ✓ What foods you are eating
- ✓ What foods make you feel bad
- ✓ What symptoms you are having
- ✓ When the symptoms occur

Why?

- Identify problem foods
- Identify patterns
- Ensure you are getting (RDA) Recommended Daily Allowance

Tips for School

- Inform the school of your medical condition and any food restrictions or intolerances.
- Plan ahead for special events. It can make handling the possibility of a flare-up easier and less stressful.
- Look at the school menu to determine which foods your child will be eating. On the days that your child chooses not to eat at school, pack a lunch.
- If the child eats at school and is not familiar with the food, eat a small amount to ensure the food is not going to cause discomfort.
- Send snacks; prepackage them on the weekends so that you are not pressed for time before school.

Let's Have a Great Year!

