

Crohn's Diet:

One of the diets that may be used to treat Crohn's disease (symptoms), is the Specific Carbohydrate diet. This diet is composed mainly of single sugars (glucose) found in fruit, honey, some yogurts and certain vegetables. These foods require minimum digestion thus causing fewer gastrointestinal issues and are more easily absorbed unlike other more complex sugars, lactose and sucrose and starches. However, this diet can be challenging to do and non-compliance is high. It is suggested that this diet be followed when patients are having symptoms. For more details on the specifics of this diet, please see Elaine Gottschall's book on "Breaking the Vicious Cycle" chapter 10.

Another diet which may help Crohn's symptoms is the FODMAP diet. FODMAP is an acronym for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols. The term was first made popular in the early 2000's when Dr. Peter Gibson and Dr. Sue Shepherd created the FODMAP diet, an elimination diet which attempts to improve symptoms in gastrointestinal disorders. The diet is based on the idea that fermentable carbohydrates worsen symptoms of gastrointestinal disorders.

FODMAPs are osmotic (means they pull water into the intestinal tract), may not be digested or absorbed well and could be fermented upon by bacteria in the intestinal tract when eaten in excess

Symptoms such as diarrhea, constipation, gas, bloating and/or cramping may occur in those who consume a high FODMAP diet (see list below). A low FODMAP diet therefore, may help reduce symptoms. The low FODMAP diet is often used in those with irritable bowel syndrome (IBS). The diet could be possibly used in those with similar symptoms arising from other digestive disorders such as inflammatory bowel disease (Crohn's and Ulcerative Colitis).

High FODMAP Foods (avoid)

Oligosaccharide: Artichokes, asparagus, broccoli, cabbage, onions, peas, wheat, rye, chickpeas, watermelon, white peaches.

Disaccharides (lactose) cow, sheep, and goat milk, ricotta and cottage cheese, yogurt, ice cream

Monosaccharides (fructose) apples, pears, mango, peaches, honey, high fructose corn syrup

Polyols: cherries, plums, prunes, avocado, mushrooms, cauliflower, sorbitol

Food Groups	Low FODMAPS	High FODMAPS (avoid)
Eggs, Meats, Fish and Poultry	beef, chicken, deli slices, eggs, fish, lamb, pork, shellfish, turkey	made with HFCS/foods to limit
Dairy	lactose free dairy (any), low lactose dairy: cream cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss, etc), soft cheeses (brie, feta, mozzarella, etc), sherbet, yogurt (greek), whipped cream	high lactose dairy: buttermilk, chocolate, creamy/cheesy sauces, custard, ice cream, milk (cow's, goat's, sheep's, condensed, evaporated), soft cheeses (cottage, ricotta, etc), sour cream

Meat, NonDairy Alternatives	milk alternatives (almond, coconut, rice, soy (made from soy protein)), nuts (walnut, macadamia, peanut, pecan, pine), nut butters, tempeh, tofu	cashews, beans, black eyed peas, bulgur, lentils, miso, pistachios, soybeans, soy milk (made from soybeans)
Grains	made with gluten free/spelt grains (corn, oats, potato, quinoa, rice, tapioca, etc): bagels, biscuits, breads, cereals, chips, crackers, noodles, pancakes, pastas, pretzels, tortillas, waffles oatmeal, oat bran, popcorn, quinoa, rice, rice bran	made with wheat/barley/rye when it's the major ingredient, gluten free/spelt grains made with foods to limit, chicory root, inulin
Fruits	bananas, blueberries, cantaloupe, cranberries, grapes, honeydew, kiwi, lemon, lime, mandarin, orange, passion fruit, pineapple, raspberries, rhubarb, strawberries, tangerine	apples, applesauce, apricots, blackberries, boysenberries, canned fruit, dates, dried fruits, figs, guava, mango, nectarines, papaya, peaches, pears, plums, persimmon, prunes, watermelon
Vegetables	alfalfa/bean sprouts, bamboo shoots, bell peppers, bok choy, carrots, cabbage (common), cucumbers, eggplant, green beans, kale, lettuce, parsnips, pumpkin, potatoes, radishes, rutabaga, seaweed (nori), spinach, squash, tomatoes, turnips, water chestnuts, zucchini	artichokes, cauliflower, mushrooms, sugar snap peas
Desserts	made with foods allowed	made with HFCS/foods to limit
Beverages	fruit and vegetable juices/smoothies made with foods allowed (limit to ½ cup at a time), coffee, tea	made with HFCS/foods to limit, fortified wines (sherry, port)
Seasonings, Condiments	jam, jelly, pickle, relish, salsa, sauce, salad dressing made with foods allowed, most spices and herbs, broth (homemade), butter, chives, cooking oils, garlic/onion infused oil, maple syrup without HFCS, mustard, margarine, mayonnaise, onion (springgreen part), olives, pepper, pesto, salt, seeds (chia, flax, pumpkin, sesame, sunflower), sugar, soy sauce, vinegar	chutney, jam, jelly, pickle, relish, salsa, sauce or salad dressing made with HFCS/ foods to limit, agave, garlic, garlic salt/powders, honey, hummus, molasses, onions (brown, leeks, shallots, spanish, white, spring-white part), onion salt/powders, tomato paste, artificial sweeteners (isomalt, mannitol, sorbitol, xylitol)