

# Crohn's Super Guide

Last updated Sep 2024

## Go-To Foods

Healthy, high-nutrients, low-sugar, low-blockage risk

### Fruits (Low-Fiber, Well-Tolerated)

- Applesauce (unsweetened)
- Avocado (in moderation)
- Bananas
- Canned peaches (in water or natural juice, no added sugar)
- Canned pears (in water or natural juice, no added sugar)
- Cantaloupe
- Honeydew melon

### Vegetables (Cooked and Easy to Digest)

- Asparagus tips (cooked)
- Beets (cooked)
- Carrots (cooked and peeled)
- Green beans (cooked)
- Potatoes (cooked, without skin)
- Pumpkin (cooked)
- Spinach (cooked)
- Squash (cooked, seeds removed)
- Sweet potatoes (cooked)

- Zucchini (cooked, without seeds)

### Protein Sources (Lean and Easy to Digest)

- Canned chicken
- Canned tuna (in water)
- Chicken breast (skinless)
- Eggs
- Salmon (cooked, skinless)
- Turkey (lean)
- White fish (like cod, tilapia)

### Grains and Cereals (Low-Residue)

- Cornflakes (low-fiber, no added sugar)
- Cream of Rice cereal
- Rice Krispies (no added sugar)
- White bread
- White pasta (well-cooked)
- White rice (well-cooked)

### Dairy or Dairy Alternatives

### (Low-Lactose or Lactose-Free)

- Hard cheeses (in moderation)
- Lactose-free cottage cheese
- Lactose-free milk
- Lactose-free yogurt or greek yogurt (plain, no added sugar)

### Healthy Fats and Oils

- Butter (in moderation)
- Olive oil

### Hydration

- Clear broths (low sodium)
- Herbal teas (non-caffeinated, no added sugar)
- Water

### Snacks and Miscellaneous

- Baked chicken or turkey meatballs (homemade, low sodium)
- Gelatin (natural, without artificial colors or sweeteners)

- Plain oatmeal (if tolerated, be mindful of blood sugar spikes)
- Rice cakes (plain)
- Saltine crackers (low sodium)
- Smooth nut butter (like smooth peanut or almond butter, no added sugar, in moderation)
- White rice noodles (plain)

**Supplements (Consult with Healthcare Provider)**

- Calcium supplements
- Multivitamins (without added sugars)

- Omega-3 supplements (if not contraindicated)
- Probiotic supplements (as advised)
- Vitamin D supplements

**Herbs**

- Chamomile
- Fennel Seeds (use in moderation)
- Ginger
- Peppermint (avoid during severe flare-ups if it causes discomfort)
- Slippery Elm
- Turmeric (Curcumin) (use in moderation)

**Mushrooms (Cooked)**

- Maitake Mushrooms
- Oyster Mushrooms
- Shiitake Mushrooms

**Less Mainstream Foods**

- Amaranth
- Arrowroot
- Bone Broth
- Buckwheat
- Flaxseed Oil
- Kefir (Lactose-Free)
- Polenta
- Quinoa (Well-Cooked) (use in moderation)
- Tahini
- Tempeh

**No-Go Foods**

**High-Fiber Foods**

- Barley
- Bran
- Brown rice
- Bulgur
- Farro
- Millet
- Oats (unless tolerated, be mindful of blood sugar spikes)
- Quinoa
- Whole grain cereals
- Whole wheat bread

**Nuts and Seeds**

- Almonds
- Cashews
- Chia seeds
- Flaxseeds
- Peanuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

**Raw or Cruciferous Vegetables**

- Arugula
- Broccoli

- Brussels sprouts
- Cabbage
- Cauliflower
- Collard greens
- Corn
- Kale
- Radishes
- Swiss chard
- Turnips

**Legumes**

- Beans (black, pinto, kidney)
- Baked beans
- Black-eyed peas
- Chickpeas

- Edamame
- Fava beans
- Lentils
- Lima beans
- Peas
- Soybeans

#### **Fruits with Seeds**

- Figs
- Kiwi (unless peeled and consumed in moderation)
- Papayas
- Pomegranate
- Strawberries

#### **Tough or High-Fat Meats**

- Bacon
- Fatty cuts of beef
- Hot dogs
- Lamb
- Meat with gristle
- Pepperoni
- Pork chops
- Salami
- Sausages
- Steak

#### **Dairy Products (If Lactose Intolerant)**

- Butter
- Buttermilk
- Cottage cheese
- Cream
- Ice cream
- Milk
- Ricotta cheese
- Soft cheese
- Sour cream
- Yogurt

#### **Fried and Greasy Foods**

- Doughnuts
- Egg rolls

- French fries
- Fried chicken
- Fried fish
- Fried shrimp
- Mozzarella sticks
- Onion rings
- Popcorn
- Potato chips
- Tempura

#### **Spicy Foods**

- Buffalo wings
- Chili
- Hot peppers
- Hot sauce
- Horseradish
- Jalapeños
- Salsa
- Spicy curries
- Spicy mustard
- Wasabi

#### **Sweeteners and Sugary Foods**

- Cakes
- Candy
- Cookies
- High-fructose corn syrup
- Ice cream
- Pastries
- Soda
- Sugar
- Sweetened cereals
- Sweetened yogurt

#### **Beverages**

- Alcohol
- Caffeinated beverages
- Carbonated drinks
- Coffee
- Energy drinks

- Flavored water with added sugar
- High-sugar fruit juices
- Milkshakes
- Sugary sports drinks
- Sweetened teas