

## ULCERATIVE COLITIS

Ulcerative colitis is a chronic disease in which the large intestine becomes inflamed and ulcerated, leading to episodes of bloody diarrhea, abdominal cramps, and fever.

Heredity and an overactive immune response are suspected factors. Food allergies may also be a factor. Poor absorption of food and nutritional deficiencies often result due to degeneration of the intestinal mucosa.

There is not a standard diet for all people with ulcerative colitis.

Food choices will depend upon the :

- Severity of your disease,
- Whether it is active or in remission,
- The medications you're taking,
- Your individual nutrient needs, and
- Your individual food tolerances.

Conventional treatment of Ulcerative colitis aims:

- To reduce inflammation,
- Reduce symptoms, and
- Replace any lost fluid or nutrients.

While symptoms can be alleviated by dietary changes and drug therapies, there are specific nutritional therapies that have been shown to be effective without inducing side effects.

## FOODS TO AVOID

- Saturated fats, found in animal and dairy products.
- Milk products.
- Foods associated with inflammation (alcohol, simple sugars, and caffeine).
- Products containing corn or gluten (those made from wheat, oats, barley)
- Colitis patients should avoid raw fruits and vegetables to reduce physical injury to the inflamed lining of the large intestine.
- Do not eat any dairy products, red meat, sugar products, fried foods, spices, or processed foods.



- Spicy foods and coffee will also irritate colitis. Eat broiled or baked foods, not foods that are fried or sautéed. Avoid sauces made from butter.
- Common allergenic foods, such as soy, eggs, peanuts, tomatoes.



Foods that may irritate the intestine, particularly so-called Brassica vegetables (cabbage, Brussels sprouts, broccoli, cauliflower, kale).

## STAY HEALTHY

- The most important thing to do is keep a daily record of what has been eaten.
- Thus being able to note which foods have aggravated or improved the condition.
- Keep a careful food diary that tracks what you eat and your associated symptoms.
- Sensitivity to certain foods, such as yeast products, wheat products, or dairy products may be discovered this way.
- By checking the daily record, note which food caused a flare-up or made you feel great.
- Determine your own food intolerances.
- Drink plenty of fluids.
- Reducing fluid intake can leave you weak and exhausted because you're already losing water through diarrhea.
- A low-carbohydrate, high-protein diet from a vegetable source is preferred.

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