

My IBD Diet Plate

Foods on My IBD Diet plate have been shown to cause fewer symptoms of Inflammatory Bowel Disease (IBD)*.

Use My IBD Diet plate as a guide for which foods to choose at meals. This can help you:

- manage symptoms
- lower inflammation (swelling) in your gut
- improve your quality of life

Grains (25% of meal)

Choose whole grains and whole grain foods more often.

Protein foods (25% of meal)

Choose protein foods at each meal and snack.



Olive oil

Include 1–4 Tbsp (15–60 mL) each day.



South Asian Foods

Water

Choose water at meals and throughout the day.



Limit salt

Flavour foods with herbs and spices instead of salt. Avoid high salt foods.

Fruits and vegetables (40% of meal)

Eat brightly coloured fruits and vegetables, including leafy greens, at meals.

Dairy foods (10% of meal)

Include dairy foods at meals.

Making meals

Each person will have a different response to foods. A dietitian can help you. Ask your healthcare team for a referral or call 811 to speak to a dietitian.

Get enough to drink

Choose water most often. Other drinks to choose include broth, tea, milk, and homemade or store-bought oral rehydration solutions (ORS). For ORS recipes, visit ahs.ca/NutritionHandouts.

Limit juices and sugar-sweetened drinks like pop.

Fruits and vegetables

Eat brightly coloured fruits and vegetables including leafy greens at meals each day.

Some people may have symptoms when they eat foods with fibre, while others don't. Eat as much fibre as you can daily without causing discomfort.

If your gut doesn't feel well with raw vegetables or leafy greens, try changing the texture. Cook into gravy, blend into soups, steam, sauté, or roast them.

Protein foods

Protein comes from both animal and plant sources.

Plant-based protein foods to choose more often:

- nuts and seeds: almonds, chia seeds, pumpkin seeds, and walnuts
- legumes: beans like kidney beans (rajma), lentils (dal), and chickpeas (chana)
- soy foods: edamame (raw soybeans), nutri (soy granules) tempeh, and tofu

Animal-based protein foods to choose more often:

- lean meats: chicken, fish, mutton
- eggs

Choose less often:

- red and processed meats

Include olive or avocado oil

Try 100% extra virgin olive oil, avocado oil, or mustard seed oil on salads or use it in cooking.

Grain foods

Choose whole grains and foods made using whole grains more often: Try:

- whole grains like amaranth, millet, ragi (finger millet), oats, and quinoa
- whole grain foods like bread, roti, and chapati
- grains: rice

Soluble fibre

Soluble fibre dissolves in water and turns into a thick gel. It may help with:

- diarrhea by making your poop thicker
- constipation by holding water in your poop

Fibre with soluble fibre include:

• konjac noodles	• peeled apples
• mango lassi	• soybeans, tofu

Resistant starch

Resistant starch feeds the good bacteria in your gut. This can help make your gut feel better.

Cooking then cooling grains, potatoes, lentils, and pasta raise the resistant starches in these foods.

Check out Health Canada's [food safety tips for leftovers](#) for storing and reheating.

Dairy foods

Dairy can help make your gut feel better and may also improve your bone density. Try lactose-free options if dairy makes your symptoms worse. Try:

- adding raita to meals
- having curd, yogurt, lassi, or chaas as a snack

Fermented foods

Fermented foods can make your gut feel better. Enjoy these foods most days of the week. Try:

• curd, yogurt	• kanji	• pakhala
• dosa, idli	• lassi, chaas	

Learn more

- ahs.ca/NutritionHandouts > Digestive Health
- MyHealth.Alberta.ca: Inflammatory Bowel Disease