

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

Starchy foods (25% of meal)

Choose starchy vegetables, lentils, and grains more often.

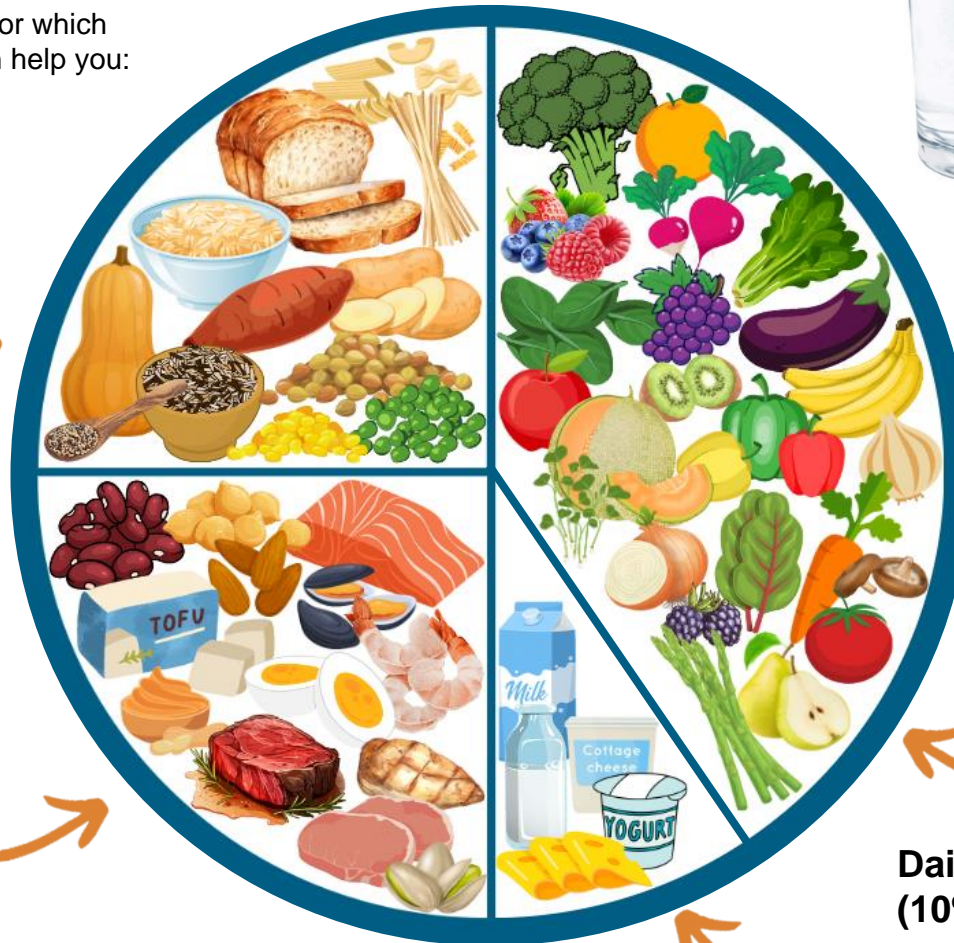
Protein foods (25% of meal)

Choose lean protein foods at each meal.



Olive oil

Include 1–4 Tbsp (15–60 mL) each day.



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 and energy drinks.

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: blend into smoothies or soups, or steam, sauté, or roast them.

Protein foods

Protein comes from both animal and plant sources.

Choose more often:

- lean protein foods like chicken and turkey (skinless), and eggs
- fatty fish, like herring, mackerel, salmon, sardines, and trout
- legumes, beans, and soy foods like tofu

Choose less often:

- red meat, like beef, lamb, moose, and pork
- processed and cured meats, like deli meat, bacon, hot dogs, and sausages

Include olive or avocado oil

To lower inflammation, try to include about 1–4 Tbsp (15–60 mL) each day.

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

Starchy foods

Starch is a type of carbohydrate. Foods that have higher amounts of starch include:

- whole grains like barley, oats, and brown rice
- whole grain foods like bread, pasta, and crackers
- lentils
- vegetables like potatoes, squash

Choose starchy foods that have soluble fibre and resistant starch more often.

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

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:

- grated cheddar cheese to cooked vegetables
- kefir to baking in place of milk or buttermilk

Fermented foods

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

- kimchi or miso in soups or grains
- tempeh in place of meat at a meal

Learn more

- ahs.ca/NutritionHandouts > Digestive Health
- [MyHealth.Alberta.ca](https://myhealth.alberta.ca): Inflammatory Bowel Disease