

GUIDE TO DIETARY SUPPLEMENTS

What follows is a list of nutrients, and their best sources, that can become deficient in Crohn's disease or ulcerative colitis as a result of medication, surgical treatment or intestinal inflammation itself.

Crohn's Disease

- ❖ **Vitamin B12**
Mollusks (especially clams and mussels), beef liver, fortified breakfast cereals, sockeye salmon, trout, oysters, crab, pork
- ❖ **Folate (Folic Acid)**
Legumes, citrus fruits and juices, whole grains, wheat bran, dark leafy greens, rice, vegetables, poultry, pork, shellfish, liver
- ❖ **Vitamin A**
Beef liver, carrots, sweet potatoes, spinach, cantaloupe, kale, red peppers, broccoli, mangos, apricots, black-eyed peas
- ❖ **Vitamin D**
Butter, eggs, fish oils, fortified milk, beef or chicken liver, some fortified cereals, salmon, tuna
- ❖ **Vitamin E**
Wheat germ oil, almonds, safflower oil, corn oil, peanuts, sunflower seeds
- ❖ **Vitamin K**
Cabbage, cauliflower, spinach and other green leafy vegetables, cereals, soybeans
- ❖ **Magnesium**
Halibut, nuts and nut butters, cereals, soybeans, spinach, potatoes (with skin), black-eyed peas, almonds, salmon
- ❖ **Calcium**
Low-fat milk products (if you can tolerate them), kale, collard greens, bok choy, broccoli, oranges, salmon, shrimp, molasses, calcium-fortified foods (check labels)
- ❖ **Iron**
Soybeans, chicken liver, oysters, grits, beef, clams, poultry, dried beans, dried fruits, egg yolks, whole grains, iron-fortified cereals, dark green leafy vegetables, almonds

- ❖ **Potassium**
Sweet potatoes, potatoes, tomatoes and tomato products, beet greens, yogurt, molasses, white beans, soybeans, prune juice, bananas, winter squash
 - ❖ **Zinc**
Red Meat, poultry (dark meat), liver, shellfish, cheese (not processed), legumes, bran, nuts, green peas, whole grains
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Ulcerative Colitis

It is recommended that people with ulcerative colitis follow the supplementation guidelines for Crohn's disease, with an emphasis on the following nutrients (see Crohn's disease list for best food sources):

- ❖ **Folate**
- ❖ **Magnesium**
- ❖ **Calcium**
- ❖ **Potassium**
- ❖ **Iron**

Source: "Take Charge," Crohn's & Colitis Foundation of America, 2008: A Quick Guide to Dietary Supplements, pg 33.