

Low Lactose Diet

If dairy is a trigger for GI symptoms, avoiding the following foods will eliminate lactose (milk sugar) from the diet:

Milk – this includes milk and milk products such as:

- Cream cheese
- Sour cream
- Whipping cream
- Dips and vegetable spreads
- Half and half
- Ice cream

Cheese – this includes all cheeses and cheese based products

- Cottage cheese
- Cheese spreads and dips
- Cream cheese
- Powdered cheese
- Processed/blocked cheese product

Some people with lactose intolerance are able to have small amounts of lactose in their diets. Examples of this would be:

- Yogurt
- Aged cheeses such as Swiss, cheddar, or parmesan

Another option is to try over the counter Lactaid tablets prior to eating a meal that contains dairy/lactose which help to break down the milk sugar.

High Iron Diet

Many people, including children with IBD, have iron deficiency anemia at some point during their disease due to poor intestinal absorption of iron and/or blood loss from inflamed intestines. Iron helps carry oxygen throughout the body and is important for energy and growth.

The doctor may still prescribe extra iron supplementation in the form of a liquid or pill depending on a patient's blood count and iron stores.

Recommended Foods

Foods with at least 2 mg iron per serving

Foods with at least 1-2 mg iron per serving

Food	Serving Size	Food	Serving Size
Beef, Veal	3 ounces	Poultry	3 ounces
Clams, shrimp, oysters	3 ounces	Corned Beef	3 ounces
Bran Flakes	¾ cup	Cooked kale	1 cup
Cream of Wheat	½ cup	Dried apricots	7 halves
Oatmeal	¾ cup	Raisins	5 Tablespoons
Baked potato with skin	1	Whole wheat bread	1 slice
Dried beans, cooked	½ cup	Nuts: cashews, walnuts	1 ounce
Soybeans	½ cup		
Tofu	½ cup		
Spinach	1 cup		
Dried prunes	4 pieces		
Carnation Instant Breakfast	1 cup		

Diet and Nutrition

Once a child has been diagnosed with IBD, it is common to receive advice from family and friends regarding the “best diet” for IBD, or which foods to remove from the child’s diet. IBD is not a diet or food-related illness. It is a myth that there are foods that cause the disease or that fix or cure the disease. There is no evidence that any food or diet can trigger a flare or cause remission. Some patients with IBD, however, may find that certain foods worsen their symptoms at times when they are already having an IBD flare. This is called food intolerance. Some patients have food intolerance while others never do. A food journal (see next page) may be useful to determine whether or not a patient with IBD has any specific food intolerances. If food intolerance is identified, limiting the “trigger” food during a flare may help ease symptoms. It is important to know, however, that it can be unhealthy or even dangerous to remove foods or entire food groups from the diet to try to prevent IBD symptoms. Any potential dietary changes or limitations should always be discussed with the doctor and/or clinic dietitian. Children and adolescents need well-balanced nutrition to grow.

Dietary tips during IBD flares:

- Eat smaller meals at more frequent intervals.
- Reduce intake of fatty, greasy or fried foods.
 - These foods can cause diarrhea and gas, and can cause the stomach to empty more slowly, leading to nausea or pain. Patients who have had surgical removal of small bowel may be more likely to have these symptoms with fatty foods.
- Avoid dairy if it increases symptoms.
 - Some people develop an increase in diarrhea and abdominal cramping when they consume dairy products during a flare. This is because of an inability to digest milk sugar (lactose intolerance) when there is active inflammation in the intestines. It is not usually permanent. If this is the case, dairy should be avoided until the flare is under control. Once the disease is in remission, most people with temporary lactose intolerance can tolerate dairy again. Of course, lactose intolerance is common in many people without IBD, especially if it runs in the family. The best way to find out is to try dairy again. It is important to know that lactose intolerance is not the same as a milk allergy. If the patient has a milk allergy, this has nothing to do with IBD, and he or she should not try dairy without discussion with the doctor first.
- Limit intake of high-fiber foods.
 - Certain foods like nuts, seeds, corn, popcorn, and raw fruits and vegetables contain a lot of fiber. These foods may cause cramping and/or diarrhea because fiber is not fully digested by the small intestine. The extra fiber may not move through the bowel easily when there is inflammation in the intestines. If there is narrowing or stricture in the intestine, a patient may be more likely to have a blockage if nuts, seeds, or popcorn are eaten.

Our goal is to ensure a balanced diet and adequate calories to help with proper growth. We have a dietitian available to assist with any concerns that arise about a child’s diet, growth, and nutrition. On the following pages are examples of different food choices that may help with dietary needs that are common in patients with IBD.

High Calorie Meal and snack Ideas

Breakfast	Lunch and Dinner	Fruits and Vegetables	Snacks
Scrambled eggs in margarine. Add cheese	Grilled cheese with extra cheese	Strawberries with sugar and/or whipped cream	Ice Cream
Pancakes with butter and syrup	Macaroni and cheese	Bananas with cool whip or peanut butter	Pudding or custard
French toast with butter, powdered sugar and syrup	Chicken nuggets with ranch dressing	Peaches with cottage cheese	Peanut butter
Waffles with butter and syrup	Ravioli with grated cheese	Cooked apples with cinnamon and butter	Cheese sticks
Sausage links	Hamburger, turkey, ham, steak or pork chops	Mashed potatoes with butter and gravy	Cottage cheese
Toast with butter and jelly	Pizza with parmesan cheese	Broccoli with butter and cheese sauce	Yogurt
Cereal with whole milk	Hot dogs with ketchup	Carrots, corn or green beans with butter	Granola bars
Oatmeal with butter and brown sugar	Sandwich with meat, mayo and cheese	Tater tots or French fries with ranch dressing	Bologna, hot dogs, and deli meats
	Chicken or beef pot pie		Tortilla with melted cheese
			Pretzels with dip

Just one tablespoon can add more calories

- Butter or margarine
- Powdered milk
- Shredded cheese
- Cream cheese
- Heavy whipping cream
- Ranch dressing
- Olive oil

Boost My Calories

High Calorie Ingredients to Add to your child's food

Whole Milk**	1 cup = 149 calories	Plain yogurt (whole milk)	1 cup = 149 calories
Butter or Margarine	1 TBSP=102 calories	Fruited Yogurt (whole milk)	1 cup=292 calories
Grated Cheddar Cheese	1 TBSP=37 calories	Frozen Yogurt	½ cup=110 calories
Grated Parmesan Cheese	1 TBSP=22 calories	Ranch Dressing	1 TBSP=71 calories
Colby Jack cheese	1 TBSP=112 calories	Beef Gravy	½ cup=62 calories
Cheddar Cheese	1 slice=114 calories	Mayonnaise	1 TBSP=99 calories
Mozzarella cheese	1 slice=86 calories	Sliced Avacado	½ cup=117 calories
Cottage cheese	½ cup=103 calories	Hummus	1 TBSP=27 calories
Cream cheese	1 TBSP=50 calories	Olive Oil	1 TBSP=119 calories
Cheese Sauce	¼ cup=200 calories	Peanut Butter**	1 TBSP=94 calories
Alfredo Sauce	½ cup=200 calories	Egg**	1 large=77 calories
Cream Soup	1 cup=150-230 calories	Rice Cereal	1 TBSP=15 calories
Nonfat Dry Milk Powder*	1 TBSP=15 calories	Brown Sugar	1 TBSP=52 calories
Heavy Cream	1 TBSP=51 calories	Sugar	1 TBSP=48 calories
Half & Half	1 TBSP=20 calories	Pancake Syrup	1 TBSP=53 calories
Whipped Cream	1 TBSP=26 calories	Jelly	1 TBSP=51 calories
Sour Cream	1 TBSP=28 calories	Chocolate Syrup	1 TBSP=52 calories
Custard (Whole Milk)	½ cup=127 calories	Canned Fruit (Heavy Syrup)	½ cup=100 calories
Regular Ice Cream	½ cup=138 calories	Wheat Germ	1 TBSP=27 calories
Premium Ice Cream	½ cup=184 calories	Honey**	1 TBSP=65 calories
Snack Pack Pudding	½ cup=160 calories		

IMPORTANT:

*Not for children under 3 years of age

** Not for children under 1 year old