Nutrition and a Healthy Diet in IBD

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What will be covered...

• Aims of good nutrition
• Diet during a flare up
• Diet in remission
Diet + Nutrition

• Aim for a balanced diet
• Maintain a healthy weight
• Maintain muscle mass
• Support a strong immune system
• Reduce risk factors for co-morbidities

• manage symptoms during flare ups
Diet in IBD Flare Up

- **Symptoms**: loose and frequent stools, abdominal pain and cramping, bloating, gas/wind, constipation.

- **Low fibre diet – Avoid:**
  - Fruits and vegetables - raw or cooked with skins
  - Wholegrain/Brown bread, rice, pasta, cereals
  - Nuts and seeds
  - Also: Spicy foods, tough meats, fizzy drinks, alcohol and caffeine.
  - *Important in strictures and high output stoma*

- **High energy, high protein foods**
  - If reduced appetite/losing weight
  - May require oral nutritional supplements or enteral feeding
Diet In Remission

• Once inflammation and symptoms have improved
• Aim to get back to a healthy balanced diet
• Aim to be a healthy weight (ideal BMI 20 - 25kg/m²)

• Reintroduce fibre foods as able
  - 1 by 1
  - Small amounts
  - Chew well
  - Plenty of fluids
• May be some individual intolerances and circumstances (e.g. stricture or high output stoma)
IBD Guidelines

‘...patients with IBD should be advised to eat a varied diet to meet their energy and nutrient requirements, including dietary fibre’

‘...include a wide variety of fruit and vegetables, cereals, grains, nuts and seeds, protein-rich foods with a moderation/reduction of high fat particularly animal fat, high sugar and processed meats’
Mediterranean Diet

• Swap saturated fats (animal + coconut) for unsaturated (plant oils), avoid trans fats (fried foods)
• Avoid refined sugars
• Avoid salt
• Alcohol <14 units per week

• Aim at least 5 fruit and vegetables
• Wholegrain carbohydrates (e.g. brown bread)
• Include beans, legumes, pulses and lentils
• Unsalted nuts (small handful)
• Choose lean protein and aim 2-3 vegetarian days per week
• 2 fish per week, 1 of which oily
FRUIT AND VEGETABLES
Eat at least five portions of fruit and vegetables a day

BREAD, RICE, POTATOES, PASTA AND OTHER STARCHY FOODS
Choose wholegrain or high fibre versions with less added fat, salt and sugar

MEAT, FISH, EGGS, BEANS AND OTHER NON–DAIRY SOURCES OF PROTEIN
Eat more beans and pulses, two portions of sustainably sourced fish per week, one which is oily, eat less red and processed meat

FOOD AND DRINKS HIGH IN FAT AND/OR SUGAR
Eat less often and in small amounts

OILS AND SPreads
Choose unsaturated and use in small amounts

DAIRY AND ALTERNATIVES
Choose lower fat and low sugar options

CHECK THE LABEL ON PACKAGED FOOD
Each serving (150g) contains:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Energy (1000 kcal)</th>
<th>Protein</th>
<th>Fat</th>
<th>Sugars</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>per 100g</td>
<td>100%</td>
<td>4%</td>
<td>1.3%</td>
<td>3.9%</td>
<td>0.9%</td>
</tr>
<tr>
<td>per 4000 kcal</td>
<td>100%</td>
<td>4%</td>
<td>1.3%</td>
<td>3.9%</td>
<td>0.9%</td>
</tr>
</tbody>
</table>

CHOOSE FOODS LOW IN FAT, SALT AND SUGAR.

2000 Kcal per day
2500 Kcal per day

ALL FOOD AND DRINKS

6–8 A DAY
Water, low fat milk and sugar–free drinks including tea and coffee all count.
Limit fruit juices and smoothies to 150ml a day.

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Physical Activity

• Muscle mass
• Mobility, flexibility and stability
• Reduce frailty and associated risk
• Helps maintain regular bowel movements
• Take time away from daily activities to eat
• Find 10 minutes in the day just for you
• Make conscious food choices
• Try some relaxation exercises, like yoga, meditation and breathing techniques.
Summary

• Aim good nutrition and healthy weight
• Diet is individualised
• Modify diet in short term for symptom management
• Reintroduce fibre as individually tolerated
• Mediterranean Diet for health
Charities/Further information

• Crohns and Colitis
• Colostomy UK
• British Heart Foundation
END
Types of Nutritional Support

- Oral nutritional supplements
- Enteral feeding
- Parenteral nutrition (PN) - in cases of intestinal failure or when digestive tract unable to be used.
Tips for Managing IBD with a Healthy Diet

- Have more frequent smaller meals
- Eat in a relaxed atmosphere
- Avoid trigger foods
- Limit foods with insoluble fibre
- Eat a variety of vegetables and fruit
- Choose good quality sources of protein
- Maintain adequate caloric intake
- Drink plenty of fluids
Research

**FODMAPS**
- To reduce IBS like symptoms in IBD remission
- For high stoma output management

**STOP colitis Trial**
Faecal Mass Transplantation delivery for the treatment of UC

**MODULATE: A new approach to immunotherapy for colorectal cancer patients**

September 13, 2018

investigating immunotherapy treatments for colorectal cancer patients who have exhausted other treatment options.
FODMAPS

• Short chain carbohydrates - not absorbed in small intestine
• Recognised successful management strategy for IBS symptoms (functional)
• 1/3 with inactive IBD have IBS like symptoms

• Studies:
  - IBD 56% ↓ FODMAP – overall improved symptoms
  - Fructans ↑ symptoms in inactive IBD
  - Short-term (6 weeks) FODMAP ↓ faecal biomarkers of inflammation
High Output Stoma

- Ileostomy >1000mls/day
- Low fibre diet (? low FODMAPS)
- Eat little + often
- Restrict normal fluids to 1000mls
- 1000mls St Marks fluid
- Add salt to food
- Gelatine containing foods (e.g. marshmallows, jelly babies)
- Ensure medications are optimised
Common Symptoms and Dietary Alterations

• **Diarrhoea**
  - Continue eating and drinking, reduce fibre, fatty + spicy foods, alcohol and caffeine.

• **Dehydration (severe)**
  - Electrolyte solution (e.g. dioralyte)
  - Water/Flat cola + salty snack

• **Bloating and Wind**
  - Reduced gas producing foods: spicy, legumes, brassica, fizzy drinks, caffeine, sorbitol.

• **Constipation (<3/wk)**
  - Proctitis (inflammation of rectum)
  - Fluids, ?Increase fibre, oral fibre supplement, stool softener.

• **Undernutrition and Weight Loss**
  - Eat little + often, high energy + high protein foods, nourishing drinks.
Other Topics

• Multivitamins in remission
• Vitamin D
• Omega 3
• Probiotics
• Fermented food
• Turmeric
• Triggers (dairy, what, gluten) – food diary
• Food intolerances
• Vegan/Plant based diet
• Junk Food