**Summary**

Inflammatory bowel disease (IBD) is one of the major health concerns in western societies. As the conventional drug treatments for IBD are mostly inefficient and are associated with adverse health consequences, diets and functional foods are gaining attention as alternative therapies. Dietary components, such as probiotics, vitamin D, and dietary fibers have shown positive results against IBD in animal and human studies. Functional foods and bioactive substances, including several plant and fruit extracts, phytochemicals, and PUFAs demonstrated strong anti-inflammatory activities against IBD. Therefore, both diets and functional foods have the potentials to play important roles in the management of IBD.