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Role of diet and nutrition in inflammatory bowel disease

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The Role of Diet and Nutrition in Inflammatory Bowel Disease



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Diet and nutrition is **important to everyone's overall health**, but plays an even bigger role for people living with inflammatory bowel disease (IBD). It is important to try and identify food and drink that can worsen symptoms of IBD like diarrhea, constipation, fatigue or low energy, abdominal pain, bloating and cramping.

Diet and Nutrition - IBD Journey - Diet and Nutrition

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Inflammatory Bowel Disease

Medical Condition

A group of inflammatory conditions of the colon and small intestine



A group of intestinal disorders that cause inflammation of the digestive tract.

Role of diet and nutrition in inflammatory bowel disease



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Diet and nutrition are **important aspects of IBD management**. “Diet” refers to the foods we eat. “Nutrition” is a term that refers to properly absorbing food and staying healthy. A well-balanced diet with adequate intake of protein, carbohydrates and fat, as well as vitamins and minerals, is necessary for nutrition.

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healthy diet with IBD Diet and nutrition are important parts of IBD treatment. Diet refers to the foods we

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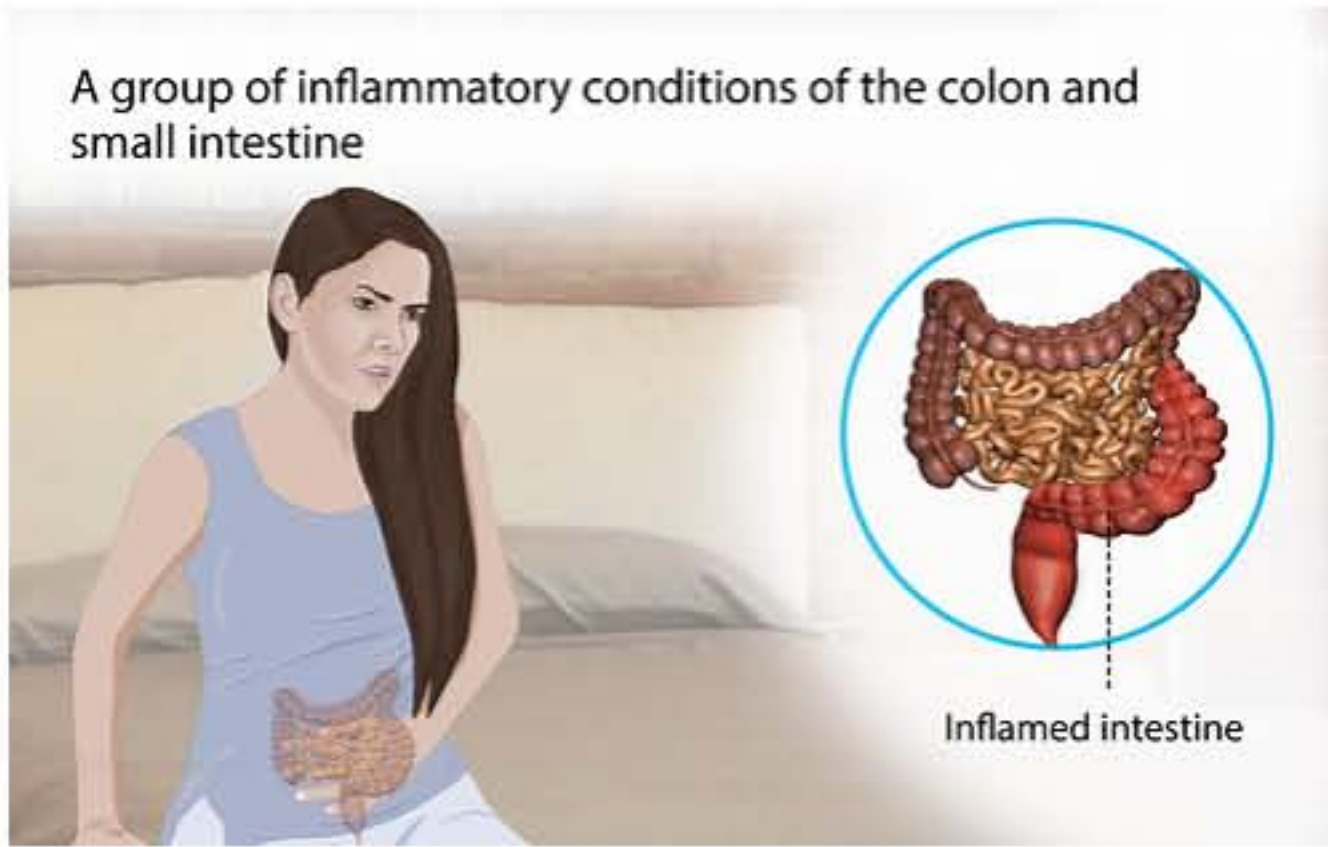
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Inflammatory Bowel Disease

Medical Condition



A group of intestinal disorders that cause inflammation of the digestive tract.

- 📊 Common (More than 200,000 cases per year in US)
- 🧪 Often requires lab test or imaging
- 💊 Treatments can help manage condition, no known cure
- 🕒 Can be lifelong

IBD is said to be the result of autoimmune reactions. Inflammatory bowel disease (IBD) presents as Crohn's disease or ulcerative colitis. It may be characterized by diarrhea, abdominal pain and cramping, tiredness, and weight loss. Anti-inflammatory drugs play an important role in the treatment. Surgery is sometimes performed.

Symptoms

Symptoms may vary from mild to severe and include: