

Induce Remission

Phase 1 (Weeks 1 - 6)

Chicken Breast
Egg
Potato

*Fruits & Vegetables

Banana, apple, avocado, strawberry, melon, cucumber, tomato, carrot, spinach, lettuce

*Consult a dietician: eat a variety of fruits and vegetables as tolerated

Lean fish (white fish, wild caught salmon)

Rice (whole grain, flour, noodles, etc.)

Condiments

Olive oil (preferred), avocado oil, sesame oil, canola oil

Seasonings

Onion, garlic, ginger, fresh herbs, pure spices (no additives)

Sweeteners

Honey, maple syrup or table sugar in small quantities

Beverages

Water, sparkling water, fresh squeezed juice, tea

Nutritionally Complete Formula
50% daily intake

**After Week 6
MAY ADD**

Phase 2 (Weeks 7 - 12)

Tuna

Lean steak (1 portion/week)

Homemade or additive-free whole grain bread
(1 slice/day)

Oats

Quinoa

Legumes/beans

Fruits & Vegetables*

sweet potato, mushroom, red pepper, yam, broccoli, cauliflower, zucchini, pear, peach, kiwi, blueberry

*consult a dietician: gradually increase variety of fruits and vegetables as tolerated, especially those with high fibre

Nuts

Almonds or walnuts (small quantities)

Nutritionally Complete Formula
25% daily intake

**After Week 12
MAY ADD**

Maintain Remission

Phase 3 (Weeks 13+)

Seafood
Poultry (no skin)

Homemade or additive-free whole grain bread
(2 slice/day), or pasta (1 serving/day)

Dried legumes, beans

Fruits and vegetables (based on personal tolerance)

Yogurt, additive-free (1 cup/day)

Cocoa, black coffee

Nutritionally Complete Formula
optional 25% daily intake

Phase 3

Free Meals on Weekends

Saturday and Sunday - may have 2 homecooked meals/day: breakfast and lunch or dinner.

May include non-CDED foods such as:
pasta, dairy, bread, sauces, spreads, 1 dessert portion, 1 serving wine or beer

***IMPORTANT** not to binge eat on CDED foods.

*Try to eat a variety of foods.

*Homemade food is preferred.

Always EXCLUDE: processed meats, soft drinks, pre-packaged meals

Always INCLUDE: guidance from an IBD dietician