



Heal With Ania

MEDICAL MEDIUM HEALTH COACH

Foods I Pause During an Ulcerative Colitis *Flare*



A simple guide for navigating
flares with more confidence.

Foods I Pause During an Ulcerative Colitis Flare

During an active flare, my goal is to reduce irritation and give my digestive system a chance to calm down.

Foods High in Fat

- Oils
- Fried foods
- Nuts and seeds

Animal Products

- Eggs
- Dairy
- Meat and fish

Grains & Legumes

- Gluten-containing grains
 - Corn
 - Rice
- Beans and lentils

Fermented & Stimulating Foods

- Vinegar
- Fermented foods
 - Alcohol
 - Coffee

Hard-to-Digest Foods

- Raw vegetables
- Cruciferous vegetables
 - Spicy foods
- Processed foods

Remember: This Is Temporary

Pausing these foods is not a punishment, and it does not mean you'll never eat them again.

During a flare, your digestive system is under stress. Giving it a break can help reduce irritation and support healing.

As symptoms improve, foods can be reintroduced intentionally and at your own pace.

What To Do If You're Currently In a Flare

This guide shares the foods I temporarily pause during a flare. But knowing what to avoid is only part of the picture.

That's exactly why I created the Ulcerative Colitis Flare Emergency Reset.

- ✓ The exact foods I eat during a flare
 - ✓ Foods I avoid completely
- ✓ My morning and evening routines
 - ✓ Supplement recommendations
 - ✓ Printable checklists
- ✓ A simple step-by-step plan to follow

■ [Get the Flare Emergency Reset Here](#)



A Personal Note

Hi, I'm Ania. I was diagnosed with ulcerative colitis in 2013 and spent years struggling with symptoms that affected every part of my life.

Through my own healing journey, I learned how important nutrition and lifestyle support can be when it comes to managing symptoms and supporting the body's healing process.

Today, I'm symptom-free and passionate about helping others feel less overwhelmed and more empowered on their own journey.

I created this guide because I know how confusing it can be to figure out what to eat during a flare. I hope it gives you clarity, confidence, and a helpful starting point.

Wishing you healing,

Ania

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