

IBD-AID ALLOWABLE FOODS LIST, BY PHASE

	<p style="text-align: center;"><u>PHASE 1</u></p> <p style="text-align: center;">Active flare, symptoms present</p> <ul style="list-style-type: none"> • Achieve silken texture • Foods must be cooked, pureed, ground, or finely minced • No seeds or stems • No hard peels or skins 	<p style="text-align: center;"><u>PHASE 2</u></p> <p style="text-align: center;">Intermittent symptoms</p> <ul style="list-style-type: none"> • Achieve soft texture • Foods must be cooked or pureed • <u>May</u> need to grind or finely mince some foods, especially proteins • No stems or seeds • No hard peels or skins 	<p style="text-align: center;"><u>PHASE 3</u></p> <p style="text-align: center;">Remission/maintenance</p> <ul style="list-style-type: none"> • All foods listed, as tolerated
<p>FRUITS (fresh, frozen, canned) unsweetened and without any added sweeteners</p> <p><i>Wash fruit before cutting and eating</i></p>	<ul style="list-style-type: none"> • Avocados • Bananas • Lemons, Limes (juice) • Papaya • 100% Fruit juices (may need to dilute) 	<p>All from Phase 1 plus:</p> <ul style="list-style-type: none"> • Apples (may need to peel) • Apricots • Blackberries* • Blueberries* • Cantaloupe • Cherimoya (soft) • Cherries • Coconut • Dates (paste) • Guava • Grapes (red/black/purple) • Lychee • Mangos • Melon • Nectarines • Papaya • Passion fruit* • Peaches • Pears 	<p>All from Phases 1 and 2 plus:</p> <ul style="list-style-type: none"> • Citrus (e.g. grapefruit, kumquats, lemons, limes, oranges, tangerines) • Cranberries (unsweetened, cooked) • Dates, other dried fruits • Figs* • Kiwi* • Pomegranate*

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		<ul style="list-style-type: none"> • Persimmons • Pineapple • Plums • Prunes • Raisins* • Raspberries* • Starfruit • Strawberries* • Tangerines • Watermelon (seedless) 	
VEGETABLES <i>Wash vegetables before cutting and eating</i> <i>Puree as needed</i>	<ul style="list-style-type: none"> • Acorn squash • Algae (blue green, spirulina, powdered or pureed) • Beets (caution they come through red!) • Butternut squash • Carrots (pureed) • Green beans (pureed) • Greens (pureed) • Mushrooms (pureed) • Onions (pureed) • Pumpkin • Scallions (pureed) • Sea vegetables (e.g. nori) • Spinach (raw if stemless, cooked and pureed with stems) • Sweet potato (limit to occasional intake) • Winter squash 	All from Phase 1 plus: <ul style="list-style-type: none"> • Artichokes • Asparagus • Beets • Bell peppers (cooked) • Bok choy • Canned vegetables (no additives) • Capers • Cauliflower (riced)** • Celery root • Chard • Chicory root (pureed) • Chicory greens • Collard greens • Eggplant • Jerusalem artichoke • Kale, Arugula (leaves only) • Leeks (pureed) • Micro greens • Mushrooms 	All from Phases 1 and 2 plus: <ul style="list-style-type: none"> • Arugula (raw) • Bell peppers (sweet peppers better tolerated than green) • Black radish • Broccoli** • Brussel sprouts** • Celery • Chicory root • Cucumbers (avoid waxed) • Dill pickles (no sugar) • Kale • Leeks • Onions (raw or cooked) • Fermented or pickled veggies** • Cabbage (regular or fermented) [sauerkraut and kimchi] ** • Romaine Lettuce

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		<ul style="list-style-type: none"> • Olives (black, green; limit due to sodium) • Onions (cooked) • Rutabaga • Scallions • Snow peas (strings and stems removed) • Spaghetti Squash • String beans • Sweet potato (limit to occasional intake) • Tomatoes • Water chestnuts • Watercress • Zucchini 	
PROTEINS Plant-Based (beans/legumes, nuts, seeds)	<ul style="list-style-type: none"> • Miso (refrigerated variety has live cultures) • Nut and seed butters (almond, cashew, chestnut, hazelnut, macadamia, peanut, pecan, pine nut, pistachio, tahini, sunflower seed, walnut, etc.) • Chia (as tolerated; ground or pre-soaked, if needed) • Ground Flaxseed meal • Tofu, organic, non-GMO** 	All from Phase 1 plus: <ul style="list-style-type: none"> • Hummus, as tolerated • Other beans, pureed and well-cooked, as tolerated 	All from Phases 1 and 2 plus: <ul style="list-style-type: none"> • Aduki beans • Black beans • Chickpeas (garbanzo beans) • Kidney beans • Lentils • Lima beans • Navy/haricot beans • Split peas • Soy beans (edamame) • Tempeh (wheat free) • Whole nuts and seeds (almonds, cashews, chestnuts, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, seeds, walnuts, etc.)

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Fish/Seafood focus on low mercury fish; limit tuna to less than once per week	<ul style="list-style-type: none"> • Low Mercury fish (no bones) • Canned fish (e.g., sardines; small bones OK) • Scallops (minced) • Lobster (minced) 	All from Phase 1 plus: <ul style="list-style-type: none"> • Scallops • Crab (minced) • Shrimp (minced) • Prawns (minced) 	All from Phases 1 and 2 plus: <ul style="list-style-type: none"> • Crab • Shrimp • Prawns
Poultry (fat trimmed and well cooked)	<ul style="list-style-type: none"> • Chicken, light or dark meat (no skin; may need to be ground) • Turkey, light or dark meat (no skin; may need to be ground) • Eggs (omega-3) 	Same as Phase 1.	Same as Phases 1 and 2 plus: <ul style="list-style-type: none"> • Duck (may need to be ground) • Goose (may need to be ground)
Beef, goat, lamb (lean cuts, fat trimmed and well cooked)	<ul style="list-style-type: none"> • Very lean meats (may need to be ground), 90% lean or higher 	Same as Phase 1.	Same as Phases 1 and 2 plus: <ul style="list-style-type: none"> • Lamb
DAIRY (limit saturated fat; choose enriched milks <i>without</i> emulsifiers [carrageenan, carboxymethylcellulose, maltodextrose, polysorbate-80]) No Raw Milk Cheeses	<ul style="list-style-type: none"> • Non-dairy milks, unsweetened (almond, coconut, soy, hemp, oat, etc.) • Aged cheeses (Asiago, Blue, Brick, Brie, Camembert, Colby, sharp Cheddar, Edam, Gorgonzola, Gouda, Gruyere, Havarti, Limburger, Manchego, Monterey Jack, Muenster, Parmesan, Provolone, Romano, Roquefort, Stilton, Swiss, etc.) • Dry curd cottage cheese, Farmer's cheese • Hoop cheese • Cultured cottage cheese 	Same as Phase 1.	Same as Phases 1 and 2.

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	<ul style="list-style-type: none"> • Kefir (plain) • Yogurt (plain with active probiotic, regular or Greek) 		
NUTS/SEEDS	<ul style="list-style-type: none"> • Nut and seed butters (almond, cashew, chestnut, hazelnut, macadamia, peanut, pecan, pine nut, pistachio, tahini, sunflower seed, walnut, etc.) • Nut and seed flours • Chia (as tolerated; ground or pre-soaked, if needed) • Ground Flaxseed meal • Hemp seeds, as tolerated, ground/pre-soaked as needed 	Same as Phase 1.	All from Phases 1 and 2 plus: <ul style="list-style-type: none"> • Whole nuts and seeds (almonds, cashews, chestnuts, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, pumpkin seeds (pepitas), walnuts, etc.)
GRAINS Note: groats and steel-cut are less processed and preferred over rolled oats	<ul style="list-style-type: none"> • Oats (groats, steel-cut, or rolled; add double water to make softer and puree if needed) • Oat flour (baked goods should be soft/moist consistency for Phase 1) 	Same as Phase 1.	Same as Phases 1 and 2.
BEANS/LEGUMES (well-cooked, mashed, pureed, or flours) **	<ul style="list-style-type: none"> • Miso (refrigerated variety has live cultures) • Tofu non-GMO** 	All from Phase 1 plus: <ul style="list-style-type: none"> • Hummus, as tolerated • Beans/Legumes (pureed and cooked well), as tolerated • Bean flours • Tofu non-GMO (silken can be eaten raw) 	All from Phases 1 and 2 plus: <ul style="list-style-type: none"> • Aduki beans • Black beans • Chickpeas (garbanzo beans) • Edamame • Kidney beans • Lentils • Lima beans

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			<ul style="list-style-type: none"> • Navy/haricot beans • Split peas • Tempeh • Yellow split peas
FLOURS (grain-free)	<ul style="list-style-type: none"> • Nut and Seed flours (almond, brazil nut, cashew, chestnut, hazelnut, peanut, pecan, sunflower, etc.), as tolerated • Oat flour, as tolerated 	<p>All from Phase 1, puree if needed.</p> <p>plus:</p> <ul style="list-style-type: none"> • Brazil nut • Cashew • Chestnut • Coconut • Fava bean • Garbanzo bean • Hazelnut • Lentil • Peanut • Pecan • Pistachio • Soy 	All from Phases 1 and 2.
SWEETENERS	<ul style="list-style-type: none"> • Honey (local, raw) 	Same as Phase 1.	Same as Phases 1 and 2.
SPICES, Herbs (fresh or dried, without additives; no stems if fresh for Phases 1, 2)	<ul style="list-style-type: none"> • Allspice • Basil • Bay leaf • Black pepper • Cardamom powder • Cilantro • Cinnamon • Clove powder • Coriander • Cumin • Curry powder 	Same as Phase 1.	<p>All from Phases 1 and 2 plus:</p> <ul style="list-style-type: none"> • Cayenne pepper flakes (as tolerated) • Chile pepper powder (as tolerated) • Chili powder (as tolerated) • Fenugreek (leaves only)

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	<ul style="list-style-type: none"> • Dill • Fenugreek (leaves only) • Garlic (as tolerated) • Ginger (powder, grated) • Nutmeg • Marjoram • Mint • Oregano • Paprika (as tolerated) • Parsley • Rosemary • Sea salt • Thyme • Turmeric (include often!) puree or powder • Vanilla extract (pure) • Vanillin 		
OILS/FATS	<ul style="list-style-type: none"> • Almond oil • Avocado oil • Butter (limit due to saturated fat) • Canola oil • Coconut oil • Flaxseed oil • Grapeseed oil • Macadamia butter • Olive oil • Walnut oil 	All from Phase 1 plus: <ul style="list-style-type: none"> • Safflower oil (limit due to omega-6) • Sesame oil (limit due to omega-6) • Sunflower oil (limit due to omega-6) 	All from Phases 1 and 2 plus: <ul style="list-style-type: none"> • Ghee (limit due to saturated fat)
CONDIMENTS	<ul style="list-style-type: none"> • Bragg's Amino Acids • Ketchup • Mayonnaise 	All from Phase 1 plus: <ul style="list-style-type: none"> • Mustard 	All from Phases 1 and 2 plus: <ul style="list-style-type: none"> • Tabasco sauce (as tolerated) • Salsa

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(no added sugar, corn syrup, or other additives)	<ul style="list-style-type: none"> • Tamari soy sauce (no wheat) • Tomato sauce • Vinegar, as tolerated 		
BEVERAGES (WATER FIRST!)	<ul style="list-style-type: none"> • Non-dairy milks • Coffee (limit in pregnancy) • Herbal teas (as tolerated) • Pau D'Arco tea (as tolerated) • Teas (green, black, ginger, raspberry leaf, peppermint, spearmint) • Apple cider (no sugar added) • Club soda • Cranberry juice (no sugar) • 100% Fruit juice (watered down, no sugar) • Seltzer water, naturally flavored 	All from Phase 1 plus: <ul style="list-style-type: none"> • Tomato juice 	All from Phases 1 and 2.
SUPPLEMENTS (only as directed by your OB, PCP, or RD)	<ul style="list-style-type: none"> • Prenatal pill with DHA • Vitamin D • Fish oil, distilled or purified • B12, sublingual • Iron (liquid herbal better tolerated) • Liquid calcium • Flax oil (keep refrigerated) • Probiotics, as directed • Other, as directed 	Same as Phase 1.	Same as Phases 1 and 2.
OTHER	<ul style="list-style-type: none"> • Umeboshi plums (see recipes for heartburn) • Baking soda 	Same as Phase 1.	Same as Phases 1 and 2.

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	<ul style="list-style-type: none"> • Baking powder (Featherweight or cornstarch-free) • Broths (Bone broth, chicken, vegetable, beef broths) • Cocoa powder (unsweetened) • Kombu - add when cooking for added minerals and enzymes to help tolerate legumes. DO NOT EAT 		
Sneaky Ingredients to AVOID	<ul style="list-style-type: none"> • Polysorbate 80 • Maltodextrin • Carrageenan • Carboxymethylcellulose • Hydrogenated Oils • Artificial sweeteners, colors 	Same as Phase 1.	Same as Phases 1 and 2.
ALCOHOL (Limit to one drink per day or less for women, two drinks per day or less for men; Serving size for one drink is 12 oz beer or wine cooler, 5 oz table wine, or 1.5 oz 80-proof distilled spirits)	Clinical and preclinical data suggest that alcohol-related disorders are associated with quantitative and qualitative dysbiotic changes in the intestinal microbiota and may be associated with increased inflammation, intestinal hyperpermeability resulting in endotoxemia, systemic inflammation, and tissue damage/organ pathologies	Some alcohol, specifically red wine, has been correlated with beneficial changes to the diversity of the microbiome. However, this is likely to be undone with excessive alcohol use.	
Bourbon, gin, Scotch/whiskey			X
Vodka (Wheat, rye, barley, potato, corn or rice-based)	Not recommended for any phase	Not recommended for any phase	Not recommended
Vodka (fruit-based)			X

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White Wine			X
Red Wine		X	X
Hard ciders (if gluten-free)			X
Beer, light, processed	Not recommended for any phase	Not recommended for any phase	Not recommended
IPA Beers, other fermentations	Stay tuned for future research!		

* May need to puree and strain out seeds, depending on phase/tolerance. Avoid if you have strictures.

** May need digestive enzymes to tolerate.

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