



Gut Friendly RECIPES



Meal Planning Tool

Professional Members of the Crohn's & Colitis Foundation are gastroenterologists, advanced practice providers, dietitians, and allied healthcare providers. Join us today to enjoy benefits such as discounted registration to the Crohn's & Colitis Congress®, a partnership of the Crohn's & Colitis Foundation and the American Gastroenterological Association, which will take place on January 25-27, 2024, at the Bellagio in Las Vegas.

Restoring and maintaining good nutrition is key in managing IBD. However, patients often risk becoming malnourished due to insufficient nutrients and low calories (1). “What should I eat?” is a frequent refrain among patients, who seek answers from the Internet as well as their healthcare providers (2). Cut through the cacophony with accessible, scientifically-sound patient resources from the Crohn's & Colitis Foundation.

Gut Friendly Recipes is an online tool that reduces stress around meal choices by simplifying customized, healthy meal plans with your patients.

The platform helps patients:

- **Filter** over 500 recipes by diet, occasion, and type of meal – all vetted by dietitians that specialize in IBD!
- Easily **identify** flare-friendly and stricture-friendly recipes
- **Save favorite** recipes
- Create **seven-day meal plans**
- **And more!**

In addition to this practical resource, the Foundation's website showcases on-demand webinars, helpful guidelines, and answers to common nutrition questions. Topics include:

- How Diet Impacts IBD
- Finding an IBD-Focused Dietitian
- Nutritional Support Therapy

References

1. Lim HS, Kim SK, Hong SJ. Elimination Diet and Nutritional Deficiency in Patients with Inflammatory Bowel Disease. *Clin Nutr Res.* Food 2018 Jan;7(1):48-55.
2. Amante DJ, Hogan TP, Pagoto SL, English TM, Lapane KL. Access to care and use of the Internet to search for health information: results from the US National Health Interview Survey. *J Med Internet Res.* 2015;17(4):e106. doi:10.2196/jmir.4126

“I am grateful to be a Professional Member of the Crohn's & Colitis Foundation as a dietitian. Dietitians contribute to many member-generated tools and expert resources that improve access to nutrition information for people with IBD, such as Gut Friendly Recipes!”



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