

Induce remission

Maintain remission

Phase 1

Week 1-6

Chicken Breast

Egg

Potato

Fruits and vegetables*

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

**Consult a dietitian: eat a variety of fruit 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

Week 7-12

Tuna

Lean Steak (1 portion/week)

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

Oats

Quinoa

Legumes/Beans

Fruits and Vegetables*

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

**Consult a dietitian: gradually increase variety of fruits and vegetables as tolerated, especially those with high fiber*

Nuts

Almonds or walnuts (small quantities)

**Nutritionally Complete Formula
25% daily intake**

**After week 12
may ADD**

Phase 3

Week 13+

Seafood

Poultry (no skin)

Homemade or additive-free whole grain bread (2 slices/day) or Pasta (1 serving/day)

Dried Legumes/Beans

Fruits and Vegetables, based on personalized 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 home cooked meals per 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 non-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 dietitian