

	Active	Strictures/Ileostomy #	Remission
Fruit	Remove skin/peel Blend into smoothies Apples, bananas and canned/pureed fruit packed in water or juice Pureed fruit (e.g., applesauce, fruit coulis) Cooked/stewed fruit * Limit: dried fruit, coconut, pineapple, prunes	Follow active disease recommendations Smoothies are a great option	No restrictions, based on individual tolerance
Vegetables	Cook vegetables until fork tender and remove peels Blend greens into smoothies Consider blended soups * Limit: brussels sprouts, cabbage, cauliflower, kale, asparagus, peas, corn, artichoke	Follow active disease recommendations plus: Avoid skins, tough stalks and seeds as well as raw salads	No restrictions, based on individual tolerance
Whole Grains and Starchy Foods (Resistant Starch)	Focus on including soluble fiber: barley, oats, psyllium, green bananas Cook, cool, reheat pasta, rice, sweet potato, and potatoes Limit whole wheat flour, wheat bran	Avoid insoluble fiber, corn hulls, popcorn, wild rice Cook, cool, reheat pasta, rice, and potatoes	Replace refined grains with whole grains, including both insoluble and soluble fiber Cook, cool, reheat pasta, rice, and potatoes No restrictions, based on individual tolerance
Nuts and Seeds	Nut and seed butters without added sugar, salt, or fat	Ground nut and seed butters without added sugar, salt, or fat	No restrictions, based on individual tolerance
Legumes	Lentils, split pea, tempeh or tofu	Mashed or pureed beans (e.g., hummus) or tofu	No restrictions, based on individual tolerance
Dairy Products	Lower lactose, lactose-free or fermented options may be better tolerated	No restrictions, based on individual tolerance	No restrictions, based on individual tolerance
Fatty Fish, Eggs, White Meat, and Red Meat	Focus on fish, skinless poultry and eggs while limiting red meat	Stewed, fork tender meat Avoid tougher cuts of meat, unless slow-cooking or stewing (e.g., chuck, brisket, or round, chicken wings), sausages with casing	No restrictions, based on individual tolerance

Strictures are narrowing in the intestine. * Based on individual tolerance as tolerance may vary.

Table 4: Modifications of fruit and vegetables based on the stage of the disease from

Naik RG, Purcell SA, Gold SL, Christiansen V, D'Aloisio LD, Raman M, Haskey N. From Evidence to Practice: A Narrative Framework for Integrating the Mediterranean Diet into Inflammatory Bowel Disease Management. *Nutrients*. 2025; 17(3):470. <https://doi.org/10.3390/nu17030470>