



Did you know?



...a specific diet may help children with active UC to control their disease¹

Children, have you understood that excluding certain foods, along with your standard medicine, may help to manage your symptoms and to make you feel better? Remember to eat fruits and vegetables, and to avoid sweets and processed foods!

Yes Doctor F!
Eating apple and rice flour tortilla in the morning is not so bad, and sometimes I can even eat chicken balls with pasta! I have to avoid hot-dog and potato chips, though...

I love rice flour pancakes! Fortunately, they are included in our menu! We promise to follow the diet, Doctor F!

IBD NUTRITION CENTER



MANDATORY FOODS

ALLOWED FOODS

EXCLUDED FOODS

UC: Ulcerative colitis

1. Sarbagili-Shabat et al. Nutrients 2021; 13: 3736.