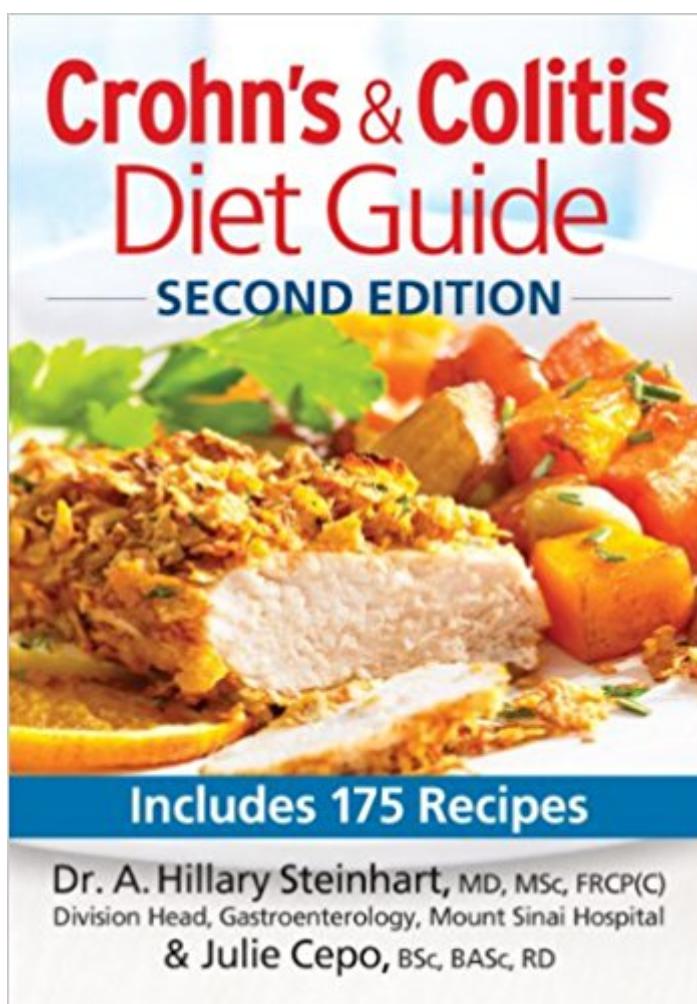


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# Crohn's And Colitis Diet Guide: Includes 175 Recipes



## Synopsis

Diet is a huge priority for anyone living with Crohn's disease or ulcerative colitis. The authors provide crucial guidance for families, friends and caregivers too in helping to manage IBD (Inflammatory Bowel Disease) symptoms. This updated second edition, in a very informative and easy-to-understand manner, provides all the necessary guidelines regarding the specific foods that might cause problems, as well as delicious and nutritious recipes that can be enjoyed without compromising this difficult condition. The reliable answers from one of North America's top gastroenterology teams cover everything from the facts, causes and symptoms of IBD to the latest and most relevant information on drug therapies and surgical therapies -- in an easy-to-understand format. With its informative charts and graphs the additional 25 new recipes provide sumptuous breakfast ideas like Banana Cinnamon Quinoa Waffles, comfort foods like Old-Fashioned Tuna Noodle Casserole and vegetarian favorites like Slow Cooker Squash Couscous. Breakfasts, Breads and Muffins Orange Apricot Oatmeal Scones, Banana Bread, Oatmeal Pancakes Snacks and Beverages Strawberry Orange Flaxseed Smoothie, Luscious Apple Butter Soups Carrot and Ginger Soup, Beef Barley Soup, Creamy Cauliflower Soup Salads Warm Thai Chicken Salad, Scandinavian Pasta Salad Meat and Poultry Spicy Peanut Chicken, Pork Chops with Peaches and Kiwi Fish and Seafood Potato Pancakes with Smoked Salmon, Tandoori Haddock Vegetarian and Vegan Entrees Spinach Frittata, Eggplant Pilaf, Asian-Style Baked Tofu Pasta and Side Dishes Linguine Alfredo, Mac and Cheese with Tomatoes.

## Book Information

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## Customer Reviews

[Review for previous edition:] A valuable resource to dietitians and other health professionals who care for patients with IBD. (Cathy Alberda, MSc, RD Crohn's and Colitis Foundation of Canada)[Review for previous edition:] Crohn's disease is an inflammatory bowel disease (IBD) that causes inflammation of the lining of the digestive tract. Colitis is also inflammation but is inflammation of the large intestine. Both can be debilitating and very painful. One effective way of treatment is through diet. The authors, experts in gastrointestinal issues at Mount Sinai Hospital in Toronto, Canada, offer patients and families ways to cope with the dreaded disease in Crohn's and Colitis Diet Guide. Their explanation and diagrams are thorough and well researched. As well, the information is presented in lay terms so that anyone can understand it. The recipes include gentle ingredients as well as explanations why a specific ingredient is used. For example, the recipe for Turkey Apple Meatloaf calls for oat bran. The reason it is used is because oat bran's "gelling" properties help to form loose stool. Because of this desirable effect, many low-residue diets include oats and oat products despite the increased fiber content. Each recipe also comes with a nutrient table covering calories, fat, fiber, protein and carbohydrates. I believe that Crohn's and Colitis Diet Guide would be well worth having by anyone that is stricken with these diseases or for anyone that has to cook for a victim. The recipes are simple and the ingredients could be found in any pantry or local grocery store. But, more so the authors' information is an added resource for those already with some knowledge. (Irene Watson Reader Views 2011-02-14)

Dr. A. Hillary Steinhart, MD, MSc, FRCP(C), is head of the Combined Division of Gastroenterology for Mount Sinai Hospital in Toronto. He is an Associate Professor in the Department of Medicine at the University of Toronto. Julie Cepo, BSc, BASc, RD, is the in-patient clinical dietitian for the Gastrointestinal Program at Mount Sinai Hospital. She specializes in parenteral and enteral nutrition support, and perioperative diet education.

I was recently diagnosed with ulcerative colitis, and have been trying to figure out what foods I should be eating and which I should try and avoid in order to help my colon not become so irritated. I have found this book extremely helpful, not just in the recipes but also in the medical information presented in the first part. Unlike other IBD "cookbooks", this one actually gives you detailed and accurate information about different diseases, medications and treatments, and basically what it all means for those suffering with IBD. The recipes are super easy to follow with ingredients that are not exotic or difficult to find (and I live in a small town with limited grocery options). I absolutely love

how each recipe has info about what you can swap ingredients for if you are flaring or trying to avoid or increase specific nutrients in your diet. I also love how this book explains why certain ingredients are used so that you know not just how to make IBD-friendly meals but also why you are using certain things to make those meals. This is a wonderful tool for anyone looking to increase their knowledge about IBD and IBD recipes.

I have ulcerative colitis. My wife was getting frustrated in preparing different meals that I could eat. This book has helped her prepare a wide variety of meals. The only problem is many of these recipes use more spices than I used when I was well. However, they taste just fine without the spices.

First book about Crohn's that was helpful to me. I wish they had more recipes or ways to prepare food when not in remission. However I found this book very well written and had a lot information that most books don't.

This book didn't have a lot of info I hadn't already read. Some of the recipes were ok, but so many had high fodmap foods I can't eat, that it didn't serve me well.

Great information and in easy to follow format. Love the recipes as they provide low fiber alternatives.

Help lot

I have been dealing with Crohn's disease for about 12 year's now, I purchased this book to follow a healthy diet lifestyle. It's a wonderful book and very informative.

My husband was recently diagnosed with ulcerative colitis. This book was very helpful for us.

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