





Imprint

Saage Media GmbH
c/o SpinLab – The HHL Accelerator
Spinnereistraße 7
04179 Leipzig, Germany
E-Mail: contact@SaageMedia.com
Web: www.SaageMedia.com
Commercial Register: Local Court Leipzig, HRB 42755 (Handelsregister: Amtsgericht Leipzig, HRB 42755)
Managing Director: Rico Saage (Geschäftsführer)
VAT ID Number: DE369527893 (USt-IdNr.)

Publisher: Saage Media GmbH
Publication: 02.2025
Cover Design: Saage Media GmbH
ISBN Softcover (en): 978-3-384-53342-5
ISBN Ebook (en): 978-3-384-53343-2

Legal / Notices

All rights reserved. No part of this book may be reproduced, stored, or transmitted without written permission from the publisher.

The external links and source references listed in this book were checked at the time of publication. The author has no influence on the current and future designs and contents of the linked pages. The provider of the linked website alone is liable for illegal, incorrect or incomplete contents as well as for damages arising from the use or non-use of the information, not the person who refers to the respective publication via links. All external sources used are listed in the bibliography. Despite careful content control, we assume no liability for the contents of external sources. The operators of the quoted sources are solely responsible for their content. Images and sources from third parties are marked as such. The reproduction, processing, distribution and any kind of exploitation outside the limits of copyright require the written consent of the respective author or creator.

This book has been translated from German. Deviations from the original or translation errors cannot be completely ruled out. All sources linked in the book are available in English. We assume no liability for any content inaccuracies or misunderstandings that may have arisen through translation.

The data in the diagrams that are not explicitly marked with a source are not based on studies but are non-binding assumptions for better visualization.

This book was created using Artificial Intelligence (AI) and other tools. Among other things, tools were used for research, writing/editing, and generating decorative illustrations. Despite careful checking, errors cannot be completely ruled out. We would like to emphasize that the use of AI serves as a supporting tool to provide our readers with a high-quality and inspiring reading experience.

The references and quotations contained in this book have been carefully researched and reproduced in meaning. The interpretation and presentation of the quoted content reflects the author's understanding and does not necessarily correspond with the intention or opinion of the original authors. For paraphrased quotations, the core statements of the original sources have been incorporated into the context of this work to the best of knowledge and belief, but may deviate from the original wording and nuances of meaning due to transfer and simplification. All sources used are fully listed in the bibliography and can be read there in the original. The responsibility for the interpretation and contextual embedding of the quoted content lies with the author of this book. For scientific questions and detailed information, it is recommended to consult the original sources. The author has endeavored to present complex scientific matters in a generally understandable way. Simplifications and generalizations cannot be excluded. No guarantee can be given for the technical accuracy and completeness of the simplified presentations. The paraphrased reproduction of quotations and scientific findings is done conscientiously in compliance with citation law according to § 51 UrhG and all relevant copyright provisions of other countries. When simplifying, transferring, and possibly translating scientific content into generally understandable language, nuances of meaning and technical details may be lost. The author makes no claim to the rights of the quoted works and respects all copyrights of the original authors. Should unauthorized use be detected, the author requests notification to take appropriate measures. For academic purposes and when used as scientific reference, it is expressly recommended to refer to the original sources. The simplified presentation serves exclusively for popular science information.

The dietary recommendations and strategies for chronic inflammatory bowel diseases contained in this book have been carefully researched and reviewed. However, they cannot replace individual dietary advice or medical treatment. Due to the complexity of Crohn's disease and ulcerative colitis, as well as individual intolerances and disease courses, reactions to certain foods and dietary forms can vary significantly. The presented dietary concepts and meal plans are to be understood as guidelines. Before implementing the described dietary strategies, it is essential to consult with the treating physician and/or a qualified nutritionist. This is particularly important in cases of acute disease flare-ups, medication use, or comorbidities. Medical knowledge and therapeutic recommendations in the field of chronic inflammatory bowel diseases are constantly evolving. The information contained in this book reflects the state of knowledge at the time of printing. All mentioned brand and product names are protected by trademark law and are the property of their respective owners. The scientific sources used are listed in the appendix.

Bendis Saage

IBD Nutrition Guide: Managing Chronic Inflammatory Bowel Disease Through Diet

Evidence-based strategies for Crohn's disease and ulcerative colitis - from nutrient needs to meal planning and symptom management

81 Sources

42 Diagrams

61 Images

7 Illustrations

© 2025 Saage Media GmbH

All rights reserved

Dear readers,

We sincerely thank you for choosing this book. With your choice, you have not only given us your trust but also a part of your valuable time. We truly appreciate that.

Chronic inflammatory bowel diseases affect approximately 400,000 people in Germany, with a rising trend. Proper nutrition plays a central role in the course of the disease and quality of life for those with Crohn's disease and ulcerative colitis. But which foods are tolerable? How can nutrient deficiencies be avoided? And how can a balanced diet be achieved despite restrictions? This practical specialist book offers scientifically based strategies for everyday nutrition with IBD. From nutrient supply during acute flare-ups to long-term dietary adjustments, all relevant aspects are explained clearly. Concrete guidelines for food selection and meal planning help to directly implement theoretical knowledge. With this guide, you will gain more confidence in managing your condition and can tailor your diet to your individual needs. Take control of your nutrition now—for greater well-being and quality of life with IBD.

This guide provides you with easy-to-understand and practical information on a complex topic. Thanks to self-developed digital tools that also use neural networks, we were able to conduct extensive research. The content has been optimally structured and developed up to the final version to provide you with a well-founded and easily accessible overview. The result: You get a comprehensive insight and benefit from clear explanations and illustrative examples. The visual design has also been optimized through this advanced method so that you can quickly grasp and use the information.

We strive for the highest accuracy but are grateful for any indication of possible errors. Visit our website to find the latest corrections and additions to this book. These will also be incorporated in future editions.

We hope you enjoy reading and discover new things! If you have any suggestions, criticism or questions, we look forward to your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

Bendis Saage

Saage Media GmbH - Team

- www.SaageBooks.com/
- support@saagemedia.com
- Spinnereistraße 7 - c/o SpinLab – The HHL Accelerator, 04179 Leipzig, Germany

Quick access to knowledge

To ensure an optimal reading experience, we would like to familiarize you with the key features of this book:

- **Modular Structure:** Each chapter is self-contained and can be read independently of the others.
- **Thorough Research:** All chapters are based on thorough research and are supported by scientific references. The data shown in the diagrams serves for better visualization and is based on assumptions, not on the data provided in the sources. A comprehensive list of sources and image credits can be found in the appendix.
- **Clear Terminology:** Underlined technical terms are explained in the glossary.
- **Chapter Summaries:** At the end of each chapter, you'll find concise summaries that give you an overview of the key points.
- **Concrete Recommendations:** Each subchapter concludes with a list of specific advice to help you put what you've learned into practice.

Additional bonus materials on our website

We plan to provide the following exclusive materials on our website:

- Bonus content and additional chapters
- A compact overall summary
- An audio drama version. (In planning)

The website is currently under construction.



[www.SaageBooks.com/
nutrition_for_chronic_inflammatory_bowel_diseases-bonus-ZHEU](http://www.SaageBooks.com/nutrition_for_chronic_inflammatory_bowel_diseases-bonus-ZHEU)
DI



Table of Contents

- 1. Basics of Nutrition in Bowel Diseases
 - 1. 1 Nutrient Requirements in Chronic Inflammatory Bowel Diseases
 - Protein supply in acute flare-ups
 - Vitamin requirements in malabsorption
 - Mineral supply in diarrhea
 - 1. 2 Digestive Processes in Crohn's Disease
 - Absorption disorders in the small intestine
 - Utilization of nutrients
 - Energy requirements during the course of the disease
 - 1. 3 Nutritional characteristics of ulcerative colitis
 - Food intolerances
 - Digestive enzymes and absorption

- 2. Food Selection and Preparation
 - 2. 1 Tolerable Staple Foods
 - Grain products and alternatives
 - Protein-rich foods
 - Types of vegetables and preparation methods
 - 2. 2 Critical Food Groups
 - Dairy products and substitutes
 - High-fiber foods
 - Spices and additives
 - 2. 3 Gentle Cooking Methods
 - Steaming and stewing
 - Low-temperature methods
 - Pureeing and straining

- 3. Nutritional Strategies During the Course of the Disease
 - 3.1 Nutrition during acute flare-ups
 - Easily digestible forms of food
 - Fluid supply
 - Building up diet after flare-ups
 - 3.2 Remission phase and dietary build-up
 - Increasing food intake
 - Reintroducing foods
 - Meal planning
 - 3.3 Long-term dietary adjustment
 - Needs-based nutrient intake
 - Balanced meal planning
 - Regular meal rhythms

- 4. Supplementary Nutritional Measures
 - 4. 1 Nutrient supplements
 - Targeted use of vitamin supplements
 - Mineral substitution
 - Supplementing trace elements
 - 4. 2 Digestive support
 - Probiotic cultures
 - Herbal digestive aids
 - Enzyme preparations
 - 4. 3 Keeping a food diary
 - Creating a symptom diary
 - Documenting tolerabilities
 - Recognizing dietary patterns

- 5. Practical Everyday Management
 - 5. 1 Meal preparation
 - Organizing food storage
 - Adjusting portion sizes
 - Optimizing time management
 - 5. 2 Eating out
 - Planning restaurant visits
 - Lunch at work
 - Travel food
 - 5. 3 Social aspects
 - Parties and celebrations
 - Eating in company
- Sources
- Image Sources

1. Basics of Nutrition in Bowel Diseases



How does our diet influence the course of chronic inflammatory bowel diseases? The intestine, as a central digestive organ, reacts particularly sensitively to the composition of our food and its processing in the body.

Individuals with Crohn's disease or ulcerative colitis face special challenges in their daily food choices. The right diet can not only alleviate symptoms but also significantly improve quality of life. In this chapter, you will discover the fundamental connections between diet and gut health—knowledge that can sustainably change the management of the disease.



1.1 Nutrient Requirements in Chronic Inflammatory Bowel Diseases



Chronic inflammatory bowel diseases (IBD) impose special requirements on nutrition. Inflammation, malabsorption, and diarrhea affect the need for macro- and micronutrients. Inadequate supply can negatively influence the course of the disease and lead to deficiencies. This section highlights the specific nutrient needs in IBD and the challenges of optimal nutrient supply. It addresses the importance of protein, vitamins, and minerals, particularly during acute flare-ups and in cases of malabsorption. Read on to understand the fundamentals of a needs-based diet in IBD and positively impact your quality of life.

In chronic inflammatory bowel diseases, there is an increased need for protein, vitamins, and minerals due to inflammation, malabsorption, and diarrhea, which should be regularly monitored and balanced through an adjusted diet or supplementation.

Protein supply in acute flare-ups



uring an acute flare-up of a chronic inflammatory bowel disease (CED), the protein requirement increases. [s1] This heightened demand results from the inflammatory process and the associated loss of proteins through the intestine. Adequate protein intake is crucial during this phase to support the healing process and minimize muscle mass loss. Protein intake is particularly important when oral food intake is restricted. For instance, severe pain or diarrhea can make the consumption of solid food difficult. In such cases, oral nutritional supplements can be a sensible addition to meet the increased protein needs. [s1] Enteral nutrition, which involves supplying nutrients directly into the stomach or small intestine via a tube, can be another option, especially when oral intake is insufficient or not possible. [s1] [s2]

Parenteral nutrition, where nutrients are administered directly into the bloodstream, may also be considered to ensure nutrient supply. [s1] [s2] The decision regarding which form of nutrition is most suitable for the individual case should be made in consultation with the treating physician or a specialized nutrition team. [s1] Particularly in ulcerative colitis, attention should be paid to a balanced protein intake from

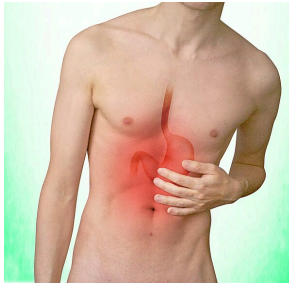


Legumes ^[i1]



Yogurt ^[i2]

various sources. Fish, lean poultry, fermented dairy products, and eggs provide high-quality protein and can be integrated into the diet. [s3] Red and processed meat should be reduced, as it can further irritate the intestinal mucosa. [s3] Plant-based proteins from legumes are also an option but should be well-prepared to improve digestibility. [s3] Fermented dairy products like yogurt can positively affect the gut flora. [s3]



stomach ^[i3]

Good to know

Acute Flare-up

A phase of acute inflammation in the intestine, which may be accompanied by symptoms such as abdominal pain, diarrhea, and weight loss. During this phase, nutrient needs are often increased.

Chronic Inflammatory Bowel Disease

CED includes conditions such as Crohn's disease and ulcerative colitis, characterized by chronic inflammation in the digestive tract and potential nutrient losses.

Fermented Dairy Products

Dairy products produced through fermentation with bacterial cultures, such as yogurt. They can have positive effects on gut flora.

Oral Nutritional Supplements

Nutritional supplements taken orally to meet the needs for specific nutrients that may not be sufficiently absorbed through food due to CED.