



Nutrition and Ulcerative Colitis (UC)

Ensuring good nutrition is an important part of managing Ulcerative Colitis (UC). People with UC may be at risk for developing malnutrition and nutrient deficiencies, which makes it more difficult for the body to heal and fight infection. Malnutrition may also cause you to feel more fatigued. There are several reasons that people with UC may be at nutritional risk. These include the following:

- Decreased food intake due to decreased appetite, pain, diarrhea, or other symptoms (or fear of these symptoms)
- Increased need for calories, protein and some vitamins and minerals
- Diarrhea or other fluid losses can lead to dehydration if not replaced
- Preexisting dietary restrictions (which may or may not be necessary)

Diet

There is no special diet for people with UC; nor are there dietary factors known at this time to worsen or cause an increase in disease activity. Rather, the recommended diet for UC is a balanced diet focusing on adequate calories, protein, vitamins, minerals, and fluid. Therefore, there are no specific foods that must be avoided. Some individuals may have their own food intolerances or notice that certain foods cause discomfort. In such cases, those foods should be avoided as necessary. Nutrition needs may vary from person to person, thus it is best to meet with a dietitian who can help you individualize your diet.

Calories and Protein

- It is important to take in enough calories each day to maintain a healthy weight. Your calorie needs may be increased when you are acutely ill. Rapid, unintentional weight loss places you at risk for malnutrition.
- The inflammation caused by UC may lead to increased protein needs. Inadequate protein intake may negatively affect healing and lead to muscle loss.
- A dietitian can provide more specific guidelines for your individual calorie and protein needs, as well as provide you with more information on increasing calories and protein in the diet, if needed.

Fiber

Dietary fiber is an important component of a balanced, healthy diet. Fiber is broken down in the colon into short chain fatty acids. The colon uses these short chain fatty acids as an energy source. In people with UC, there is no need to limit the intake of dietary fiber. Likewise, it is not necessary to increase fiber intake above the recommended levels for the general population. Recommended daily dietary fiber intake is 20-30 grams. Trial and error is the best way to figure out the amount of fiber you are able to tolerate in your diet. The amount of fiber tolerated varies between individuals and may also vary with an individual during a UC flare.

Vitamins and Minerals

- Calcium and vitamin D are nutrients important for healthy bones. Many adults do not take in enough of these nutrients. Patients with UC are especially at risk because dairy products (which are the main source of calcium and vitamin D) are often avoided due to perceived or real intolerance. However, such avoidance may not be necessary (see the section below on Lactose Intolerance for more information).
- Other vitamins and minerals of special concern include:
 - Folic acid (especially for people on the medication sulfasalazine)
 - Magnesium and zinc may be lost in diarrhea if persistent
 - Iron (especially if blood loss from the intestine occurs)
- Your physician or dietitian may recommend additional vitamin and/or mineral supplements based on laboratory values or your clinical condition.

Special Situations

Lactose intolerance

- Lactose is a sugar found in milk and many dairy products. Although UC does not affect the small bowel, some people with UC may have difficulty digesting lactose and dairy products due to low levels of the lactase enzyme needed to break down lactose in the small bowel. Symptoms include cramping, bloating, gas, and/or diarrhea after consuming dairy products.
- If tolerated, dairy products are a good source of calories, protein, vitamins and minerals.
- If dairy products cause discomfort, they should be avoided or consumed in small amounts as tolerated. In such cases, discuss your calcium and vitamin D intake with your dietitian.
- For more information on lactose intolerance: www.GInutrition.virginia.edu
 - Scroll to the link for "**Nutrition Articles in Practical Gastroenterology**"
 - Article Lactose Intolerance is found in the February 2003 issue.
 - Scroll to link for "Patient Education Handouts"
 - Handouts on lactose intolerance, as well as bone health, can be found here

Strictures, partial obstruction, or narrowed areas of bowel

- If your doctor has informed you that you have intestinal strictures, a partial bowel obstruction, or that you have areas in the bowel which are narrowed, a low fiber or low residue diet may be recommended.
- On a low fiber diet, the following foods should be avoided: raw fruits and vegetables (especially those with pulp, edible skins or seeds), corn, beans, nuts, seeds, popcorn, raisins, whole grain products, bran products, and fiber supplements. It is also important to chew all foods well.

Additional Resources

⇒ Crohn's & Colitis Foundation of America: <http://www.cdfa.org/>

⇒ www.GInutrition.virginia.edu

- Scroll down to the link for Nutrition Articles in Practical Gastroenterology
 - § article on Inflammatory Bowel Disease is found in the May 2003 issue