

# Diet for ULCERATIVE COLITIS

## 7 Days



### MONDAY

Time	Menu
08:30 am	Lauki oats chilla with coriander chutney
11:00 am	Coconut water with 1 tsp chia seeds
01:00 pm	Jowar roti (crushed or mashed with curry) + Pumpkin curry (very less spices) + Low-fat home set curd
04:00 pm	2 walnuts + 3-4 thin slices of pineapple
07:00 pm	Moong dal khichdi (Add rice bran) + Carrot beetroot salad (steamed salad)
09:00 pm	Fennel ginger tea

### TUESDAY

Time	Menu
08:30 am	Poha (Add peanuts) with fresh home-set curd (low-fat)
11:00 am	Cucumber ginger juice with 1 tsp chia seeds
01:00 pm	Cooked and refrigerated rice + Palak moong ki dal + Cucumber and lettuce green salad (can be steamed)
04:00 pm	1 tbsp pumpkin seeds + 1 Orange
07:00 pm	Jowar roti + Raw banana curry/sabji
09:00 pm	Fennel ginger tea

### WEDNESDAY

Time	Menu
08:30 am	Quinoa upma (add carrots and beans)
11:00 am	Coconut water with 1 tsp chia seeds
01:00 pm	Ragi roti + Aloo palak sabji (use boiled and refrigerated potatoes) + Carrot raita (use low-fat home-set curd)
04:00 pm	2 walnuts + 1 bowl Grapes
07:00 pm	Cooked and refrigerated rice + Green moong ki dal
09:00 pm	Fennel ginger tea

### THURSDAY

Time	Menu
08:30 am	Egg omelet
11:00 am	Cucumber ginger juice with 1 tsp chia seeds
01:00 pm	Jowar roti (crushed) + Brinjal curry/sabji + Cucumber carrot lettuce salad (steamed salad)
04:00 pm	1 tbsp roasted flax seeds + 1 sweetlime
07:00 pm	Grilled/steamed fish (salmon/mackerel) + Lauki soup
09:00 pm	Fennel ginger tea

### FRIDAY

Time	Menu
08:30 am	Idli with coconut chutney
11:00 am	Plain Chaach (use low-fat curd) + 1 tbsp flax seeds
01:00 pm	Jowar roti + Capsicum ki sabji + Any dal / low-fat home-set curd (if digestible)
04:00 pm	6-7 almonds + 1 Kiwi fruit
07:00 pm	Jowar roti + Egg bhurji + Steamed vegetable salad
09:00 pm	Fennel ginger tea

### SATURDAY

Time	Menu
08:30 am	Vegetable vermicelli (add carrots and capsicum)
11:00 am	Coconut water with 1 tsp chia seeds
01:00 pm	Soya pulao (add rice bran) + Cucumber carrot raita
04:00 pm	2 walnuts + Strawberries/grapes
07:00 pm	Bajra/ragi porridge with 1 tsp ghee
09:00 pm	Fennel ginger tea

### SUNDAY

Time	Menu
08:30 am	Vegetable uttapam with coconut chutney
11:00 am	Roasted makhana with 1 tbsp roasted flax seeds and 1 tbsp pumpkin seeds
01:00 pm	Cooked and refrigerated rice + Steamed or boiled chicken + Tomato cucumber salad
04:00 pm	2 walnuts with 1 bowl pineapple
07:00 pm	Ragi dosa with sambar (use very less spices and oil)
09:00 pm	Fennel ginger tea

## FOODS TO INCLUDE ✓

- **Gluten Free Grains** – Jowar, ragi, bajra
- **Fiber Rich Foods** – mainly insoluble fiber
- **Low Calorie Foods** – fruits, vegetables, millets, eggs etc. Portion control is also necessary
- **Foods Rich In Resistant Starch** – cooked and refrigerated rice, potatoes
- **Foods Rich In Resistant Starch** – cooked and refrigerated rice, potatoes orange, berries, raw banana, plant-based milk, eggs, steamed/boiled chicken, fish, rice, oats, quinoa, walnuts, pumpkin seeds
- **Foods Rich In Fat Soluble Vitamins** – carrots, pumpkin, eggs, nuts and seeds
- **MCTS** – Coconut oil
- **Protein Rich Foods** – if excessive weight loss and muscle wasting is observed.
- **Foods Rich In Omega-3** – Walnuts, flax seeds, fish (salmon and mackerel)
- **Anti-Inflammatory Foods** – ginger, nuts like almonds and walnuts, spinach etc
- **Steamed Foods and Mashed Foods** - rotis can be mashed with vegetable curries and can be eaten, dalia, khichdi etc. Steamed chicken/fish and no spicy curries.

## FOODS TO AVOID ☹

- **Gluten-Containing Foods** – wheat, rye, barley
- **Foods rich in insoluble fiber** – wheat bran, whole grains
- **Calorie dense foods** – fried foods, bakery items
- **Cruciferous vegetables** – cabbage, broccoli, cauliflower
- **High FODMAP foods** – Apple, onion, watermelon, mango, milk, cheese, yoghurt, honey, cashews, pistachios, wheat
- **Dairy products** – if allergic to lactose
- **Tea, coffee and chocolate**
- **Caffeinated beverages**

Do's	Dont's
Eat small, frequent meals at every 3-4 hours.	Avoid intake of alcohol, caffeine, and carbonated beverages, spicy foods and fatty foods.
Liberal intake of fluids and water is recommended to avoid dehydration.	Avoid wheat in the diet if you have gluten allergy and avoid milk products if you are intolerant to lactose.
Use coconut oil or butter for cooking.	Avoid prolonged usage of non-steroidal anti-inflammatory drugs like ibuprofen and aspirin.
Try to keep the stress levels as low as possible.	Avoid talking while eating the food. Talking while eating leads to swallowing of air and causes intestinal gas.

## MEDICAL EXPERT CONSIDERATIONS

While it offers promising elements like low-FODMAP and anti-inflammatory foods, individual tolerances vary. Consulting a gastroenterologist or registered dietitian ensures tailored adjustments, considering factors like disease severity, medication interactions, and nutritional deficiencies. Expert guidance facilitates the balance between fiber sources to prevent exacerbating symptoms and ensures adequate nutrient intake, especially calcium and vitamin D. Additionally, monitoring for potential allergic reactions or intolerances to suggested foods is crucial. Collaboration with healthcare professionals optimizes the diet's efficacy while safeguarding against adverse effects, ensuring comprehensive management of ulcerative colitis.

## PHYSIOLOGICAL BENEFITS

This ulcerative colitis diet plan offers notable physiological benefits. By prioritizing gluten-free, low-FODMAP, and anti-inflammatory foods, it supports gut health and reduces inflammation, potentially alleviating symptoms like diarrhea and abdominal pain. The emphasis on fiber-rich options aids digestion, promotes bowel regularity, and fosters a healthy gut microbiome. Incorporating omega-3 sources such as walnuts and fish confers anti-inflammatory properties, further mitigating inflammation in the gastrointestinal tract. Moreover, the inclusion of protein-rich foods helps in tissue repair and muscle maintenance, vital for individuals experiencing weight loss and muscle wasting. Overall, this comprehensive approach fosters digestive wellness and enhances overall physiological resilience.

## PHYSIOLOGICAL RISKS

This ulcerative colitis diet plan, while aiming to mitigate symptoms, poses specific physiological risks. Emphasizing fiber-rich, low-FODMAP, and anti-inflammatory foods, it may initially alleviate inflammation and discomfort. However, the plan's reliance on insoluble fiber and resistant starch can exacerbate symptoms for some individuals, potentially leading to increased bowel movements, bloating, and abdominal pain. Moreover, while promoting omega-3 sources like walnuts and fish, excessive consumption without balance may disrupt the delicate omega-3 to omega-6 ratio, triggering inflammatory responses. Additionally, the exclusion of dairy, a common calcium source, raises concerns for bone health, necessitating careful supplementation. Lastly, strict avoidance of certain food groups may inadvertently limit nutrient intake, demanding close monitoring.