

What To Eat During A Flare

If you are suffering a Crohn's or colitis flare, IBS, medication side effects, or stomach virus, you may find yourself unable to tolerate many of the foods you typically eat. The following foods and meal ideas are easy to digest, anti-inflammatory, and full of nutrients to help your body fight the flare. These foods are gluten, dairy, and refined sugar free, and most meals are specific carbohydrate diet (SCD) and autoimmune paleo (AIP) compliant. It is really important to stay hydrated, rest, and keep in contact with your doctor during a flare, especially if you are experiencing new or worsening symptoms.

Every person is different, and no diet fits all. Finding a diet that works for you may be trial and error, and every flare may require tweaks in your diet. The foods and drinks below are compiled from several Inflammatory Bowel Disease (IBD) patients for what works for them. Many of these patients follow a form of the SCD or AIP diet on a regular basis to keep their inflammation levels to a minimum, avoid flares, and heal. The beautiful thing about these diets is that once you start healing, you should be able to tolerate so many more foods than you could before. I hope this helps, and this list of foods and recipes will be constantly growing, so check back often for more tummy-friendly food inspiration!

Grocery List

Fluids

- Bone broth
- Coconut water
- Coconut milk
- Almond milk
- Tea
- Kombucha (careful, sometimes fermented foods are bothersome during a flare)
- 100% juice (avoid tomato)
- Orgain vegan protein shakes (healthiest alternative to Boost/Ensure I've seen)

Protein

- Ground chicken, turkey
- Organ meat (chicken liver)
- Collagen
- Fish (salmon, cod, haddock, shrimp, scallops, ect)
- Eggs

Fruits

- Banana
- Cantaloupe
- Apple
- Pear
- Honeydew
- Pineapple
- Papaya
- Berries
- Avocado
- Lemons
- Plantain

Grains

- White rice (jasmine, basmati, ect.)
- Rice pasta
- Rice crackers

Vegetables

- Sweet potato
- Carrots
- Zucchini
- Squash (acorn, butternut, delicata, spaghetti..)
- Rutabaga
- Onion
- Garlic
- Spinach (blend in soups/smoothies)
- Beets
- Green beans

Oils

- Olive oil
- Coconut oil
- Avocado oil
- Ghee

Dairy Free Alternatives

- Coconut milk yogurt
- Almond milk
- Coconut milk

Snacks/Miscellaneous

- Fruit & Nut Bars (Larabar, Freedom Bar, homemade)
- Creamy nut butters
- Baby food pouches
- Coconut aminos (soy sauce alternative)

Meal Ideas

Many find it hard to tolerate fruits and vegetables during a flare, so be sure to avoid all raw veggies. Instead, peel your fruit and peel and cook your vegetables thoroughly. Red and fattier cuts of meat may cause discomfort, but ground turkey, soft chicken, and fish are easier to digest.

Liquids:

- ½ frozen banana, frozen berries, collagen, dairy free milk, spinach
- ½ frozen banana, ½ avocado, 2 tbsp cocoa powder, 1 tbsp almond butter, dairy free milk
- Frozen bananas, collagen peptides, additional frozen fruit (banana n'ice cream)
- Homemade juices

[The Ultimate Golden Milk](#) from Girl in Healing



Soups:

[Grandma's Chicken Soup \(Paleo, SCD\)](#) from My Mindful Table



[Easy Paleo & Vegan Butternut Squash Soup \(AIP, SCD\)](#) from Sweetened By Nature



[Healing Soup](#) from The Feel Good Days



Meats/Eggs:

- Whole chicken/turkey roasted
- Turkey patties (season ground turkey with garlic powder & sea salt, form into patties, brown on each side in a frying pan, then cook covered an additional 5 minutes)
- Baked/grilled chicken, fish with garlic powder, sea salt, additional seasonings as tolerated
- Scrambled eggs

[One-Pan Roasted Chicken & Veggies](#) from Girl in Healing



Fruits & Veggies:

- Steamed carrots, zucchini
- Roasted vegetables (cooked thoroughly)
- Cauliflower mash (boil cauliflower in bone broth, garlic, sea salt about 45 minutes, mash)
- Baked sweet potato/squash, mashed (delicious when you mix in a little coconut milk)
- Homemade applesauce (peel & chop apples, cook in pot with cinnamon on medium heat 25-30 minutes, blend until smooth)
- Coconut milk yogurt w/ peeled pear
- Baked apple/pear w/ cinnamon
- Baked sweet potato chips w/ guacamole
- Banana w/ almond butter

[Paleo Rutabaga Fries \(AIP, SCD\)](#) from Sweetened By Nature



Miscellaneous Meals

- White rice, mashed avocado, chicken/turkey
- Zucchini, onion, carrot, chicken/shrimp stir-fry w/ coconut aminos
- Turkey patty, avocado, steamed carrots
- Eggs, baked sweet potato (remove skin), steamed veggies
- Turkey patty & spaghetti squash w/ [tomato sauce](#)

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