



REMISSION

A period when patients experience little distress and few symptoms



Keep Calm AND Control Your Ulcerative Colitis



FLARE

A period when symptoms are active and worsen in severity



Flares

are associated with blood in the stool, fatigue, weight loss, and appetite suppression

Around 90% of patients with Irritable Bowel Disease feel that their diet is an important part of treatment²

80% of these patients feel they do not receive the proper guidance about how to appropriately acquire essential nutrients through food²

THE GOOD

INCREASE LENGTH OF REMISSION WITH:



Take medications as prescribed



Practice relaxation³



Fiber containing foods^{2,6} found in barley, legumes, nuts, seed oats, onions, garlic, rye, fruit, and vegetables



Fish²



Bananas⁸



Yogurt⁸

THE BAD

DIETS WITH MIXED REVIEWS FOR RELIEF OF SYMPTOMS

Gluten-free²




Dairy-free²




THE UGLY


TRIGGERS TO AVOID TO PREVENT A FLARE

NSAIDs including¹ ibuprofen or naproxen 

Stress^{4,5} 

Linoleic acid⁷ found in red meats, cooking oils, butter, margarine, and sausage 

Spicy food including⁸ curry 

Sugar and other carbohydrates² 

Sulfur-containing foods and beverages⁶ especially beer and wine 