

Inflammatory bowel disease and a liquid diet: Guide to reintroducing foods

Some patients find that certain foods may worsen or cause symptoms of Crohn's Disease. The aim of reintroducing foods is to make sure that you have a healthy varied diet.

When you are ready to reintroduce foods it is best to try foods one at a time, while continuing to take the liquid diet. This way makes it easier to identify the individual foods which may cause your symptoms. Please contact your Dietitian when you are ready to reintroduce foods.

Will I need to continue the Liquid diet?

Until you are able to meet your nutritional requirements through food intake it is best to continue with the Modulen IBD drinks. The volume that you have each day can be advised by your dietitian and will decrease as more foods are introduced.

How long will it take to get back to a normal diet?

This can vary from person to person, but it is not unusual to expect it to take between 2-4 weeks.

How do I introduce foods?

Food is reintroduced in several stages. Each one is designed to introduce new food groups. If you experience difficulties (i.e: abdominal pain) then go back to the stage before for a few days, until your symptoms have settled down, then start to move through the stages again.

Stage	Time		Examples
1	4 days	Start to introduce plain low fibre foods. It is best to have little and often rather than 3 main meals.	Plain white rice, white bread, plain chicken, white fish, eggs, Rice Krispies, soya milk, boiled potatoes.
2	1 weeks	Over this period start increasing the size of meals and variety. Introduce one new food a day. If you get any symptoms, stop for a few days and reintroduce it again. If you get symptoms once more, then avoid that food. The number of snacks should be reduced and you should aim to start having 3 meals a day.	Red meat, stewed or peeled fruit, very well cooked vegetables.
3	3 days	Add in other starch containing foods	Pastry, cakes, biscuits, pasta
4	3 days	Include milk and milk products.	Yoghurts, cheese, cream.
5	3 days	Gradually increase the amount of fibre in your diet along with fried and spicy foods if desired.	All fruit and vegetables, whole grains.

If you have any continued problems after you have reintroduced foods back into your diet, please contact your dietitian and doctor.

Contact details

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