



PATIENT PERSPECTIVES NUTRITION & IBD

This highlight was created with original content from [Patient Perspectives - Nutrition & IBD](#) Download the full resource @ improvecarenow.org/nutrition_and_ibd

Nutrition Experts

A **nutritionist** is an expert in the use of food and nutrition to promote health and manage disease.

A **Registered Dietitian (RD)** is a trained nutrition professional who has met the strict educational and experimental standards set forth by the Commission on Dietetic Registration for the Academy of Nutrition and Dietetics.

Dietary Interventions

Dietary Interventions can include Special or Therapeutic diets. These interventions help control the intake of certain foods or nutrients though to be impactful to IBD. Examples include:

- AIP (Autoimmune Protocol)
- SCD (Specific Carbohydrate Diet)
- IBD-AID (Anti-Inflammatory Diet)
- EEN (Exclusive Enteral Nutrition)
- Dairy Free
- Gluten Free

What do you enjoy about being an IBD Nutrition Expert?

Working with children and their families to help them modify diet to feel their best and being part of an amazing interdisciplinary team.

SEEING THE POSITIVE IMPACT WE CAN MAKE IN THEIR QUALITY OF LIFE.

I enjoy helping children and teens adjust their diets so they can improve their quality of life and disease symptoms.

Challenges with Dietary Interventions

Dietary interventions take time and commitment to be successful. Staying on a diet carefully, as well as setting aside time for food preparation are important.

Pros of Dietary Interventions

I LIKED THAT I DIDN'T HAVE TO DEAL WITH ADDITIONAL MEDICATION SIDE EFFECTS. IN THE PAST, EVERY TIME I STARTED A NEW MEDICATION OR UPPED A DOSAGE I HAD LOTS OF FRUSTRATING EXPERIENCES. BEING ON STRICT DIETS DID HELP MY SYMPTOMS IN CASES, AND STOPPED MY IBD FLARES FROM GETTING WORSE.

A Nutrition Professional's perspective on working with patients with IBD

Educating families on the many important roles of nutrition with IBD. These patients are truly an inspiration and often come to a nutrition appointment following a restricted diet or unsure of what foods to avoid or consume. I love helping IBD patients try new foods and help them gain weight. It is rewarding to see our patients at multiple visits and hear them tell me that they feel strong enough to participate in the things they love to do! 💖



Advice for Starting a Dietary Intervention

It makes a huge difference to have others supporting your diet plans, whether they are able to help you plan, cook, buy food, or just offer encouragement. Don't go anywhere without snacks!

LEARN THE BEST BRAND FOR VEGAN CHEESE/MILK! ALSO LEARN HOW MANY THINGS ACTUALLY HAVE DAIRY IN IT! READING LABELS!

Don't give up, even if it takes a while to find the foods or special diets that work for you. You are moving towards health!

Find creative ways to engage what you are allowed to eat! I find that making food exciting allows following a strict diet to be fun. Getting into the kitchen to learn more about your food can make it more enjoyable to consume it. Relationship with our nourishment can be so important and life giving!

NG Tube Feeding

A **nasogastric (NG) tube** is a special tube that carries food and medicine to the stomach through the nose. It can be used for all or supplemental feedings to help meet a person's nutritional needs.

Common Reasons for Tube Feeding

- Underweight
- Avoid Steroids
- Flare Management
- Lack of Appetite
- Malnutrition
- Infections
- Bowel Rest
- Achieve remission

Advice for Patients Starting NG Tube Feedings

I FIND THAT IT'S MUCH MORE COMFORTABLE TO PLACE THE TUBE YOURSELF SINCE YOU CAN BEST FEEL HOW TO GUIDE IT DOWN.

START OUT BY BREATHING. I WAS VERY NEGATIVE ABOUT THE WHOLE EXPERIENCE AND IT REALLY IMPACTED MY MENTAL HEALTH.

Try giving your IV pole or NG tube a funny name. Also, make sure to find a tube that fits best with your body and tapes that are soft enough for your face.

Don't be afraid to share your story, people might be more interested and more kind than you think.



This resource was created by members of the ImproveCareNow Community. Do not rely on the information in this document to diagnose or treat any health condition. This information does not constitute medical advice and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Disclaimers posted at improvecarenow.org/icn_tools_disclaimer apply to this document.