Foods to Swap During an Ulcerative Colitis Flare

These food swaps have been found to help reduce symptoms in some people, but there's no cure-all diet for ulcerative colitis. Experts recommend keeping a food journal to identify your personal triggers.

INSTEAD OF ...		TRY ...
whole grains	→	refined grains
red meat	→	fish and lean meats
fresh cheeses	→	aged cheeses*
cow's milk	→	nut or soy milk (unsweetened)
butter	→	olive oil
raw vegetables	→	cooked, peeled vegetables
chili powder, paprika, and garlic	→	turmeric, cumin, and ginger
black tea and coffee	→	herbal tea
soda	→	infused water

*Limit overall dairy intake due to high saturated fat content.