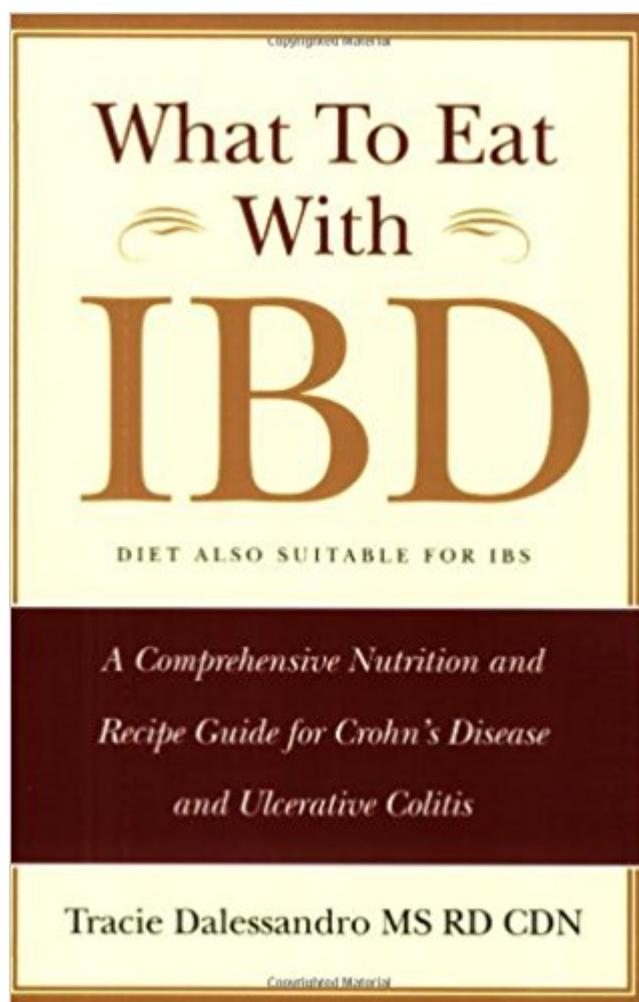


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# What To Eat With IBD: A Comprehensive Nutrition And Recipe Guide For Crohn's Disease And Ulcerative Colitis



## Synopsis

From a Patient who is also a dietitian... Everything you need to know about nutrition and inflammatory bowel disease including healing foods, recipes, supplements and more. At the age of nineteen, author Tracie Dalessandro was diagnosed with ulcerative colitis and eventually Crohn's disease. After years of trying to heal, Dalessandro realized the power of using diet in conjunction with traditional medicine to control her inflammatory bowel disease (IBD), rather than allowing it to control her. Nutrition became the link between feeling sick and feeling well. *What to Eat with IBD: A Comprehensive Nutrition and Recipe Guide for Crohn's Disease and Ulcerative Colitis* is an invaluable resource containing the latest nutrition and diet information for those suffering from IBD. Dalessandro, a registered dietitian, shares her personal experience and expertise in this comprehensive guide, including tips on the following: \* Foods that heal and foods that hurt \* More than fifty nutrient rich, gut-friendly recipes \* Menu planning, including healthy meals and snacks \* What to eat when traveling and dining out \* Critical vitamin and mineral deficiencies and how to correct them Practical and easy to follow, *What to Eat with IBD*, will help you feel better, reduce your symptoms, and gain control over your illness. About the Author Tracie Rendino Dalessandro is a registered dietitian with the American Dietetic Association and has her Master of Science degree in Nutrition from New York Medical College. She has been in private clinical practice for over ten years and specializes in nutrition and inflammatory bowel disease.

## Book Information

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## Customer Reviews

Tracie Rendino Dalessandro is a registered dietitian with the American Dietetic Association and has her Master of Science degree in Nutrition from New York Medical College. She has been in private clinical practice for over ten years and specializes in nutrition and inflammatory bowel disease.

I think it is important to know which stage you are at in your IBD. I have UC. I recently had a flair up and tried following the recipes in this book, but honestly it was too soon for me to be eating the way the book calls for. I think this is a great guide for when you are in remission and want to keep eating meat and eggs, but if you are having a relapse I would wait to eat these types of things. Also everyone with IBD reacts to certain foods differently. I'm excited to use it when I am in remission again to make sure I get the proper nutrients which can be so hard with IBD. I am currently using, "Self Healing Colitis & Crohn's" by David Klein to help me back into remission without medication. This is the route I chose to take, but I do recommend seeing your doctor and if medication is not desired seeing a holistic health practitioner to help you. IBD should not be tackled alone. Medication didn't work for me but diet and holistic health did. This book will help me in the long run with food based knowledge.

I can't say enough about this book. Tracie Dalessandro is a dietitian with Crohn's disease, so she knows what it's like to fear food. She begins the book by describing her experience with Crohn's disease and how it encouraged her to become a registered dietitian. Tracie explains the power of using diet in conjunction with traditional medicine to control your illness instead of allowing it to control you. Tracie has completely changed the way I think about food. She makes an important distinction between foods that heal and foods that hurt. She describes an IBD as an open wound red, swollen, and exposed and encourages readers to think about the types of foods they wouldn't want to rub against it; these are the foods to avoid. She provides helpful lists of breads, fruits, and vegetables that promote healing, as well as those that don't. Tracie also includes a sample shopping list, menu ideas, and 50+ "gut-friendly" recipes. Finally, Tracie discusses the importance of supplementing our eating with critical vitamins and minerals to combat malabsorption. She explains which vitamins are most important, depending on where your inflammation exists (the small or large intestine), and she describes the body benefits and best sources for each vitamin. I strongly recommend this book to anyone who fears food and feels as if you can't eat anything with an IBD. I used to feel that way before I read Tracie's book, and

IÃ¢â€šÃ¢m thankful that I no longer have to live that way.

This book is key in helping me to heal. My GI tract is gradually improving with fewer flares and I am now eating nutritionally sound food for good overall health. Before I found this book, the trial and error with foods chosen on my own was discouraging. The book, *What to Eat with IBD* is very understandable and the suggestions are excellent. "Foods that heal and foods that hurt" is right on as far as I am concerned. There is a great review of the vitamins and minerals that are lost in colitis and the safe supplements, including brand names, to replace them. The 50+ varied recipes are also great. I was surprised that I could enjoy pumpkin muffins or soothing vegetable dishes. This book is invaluable for me to heal the GI tract and reclaim good health. T. D. is a registered dietician and has personal experience with colitis. I have read this book multiple times and I believe that it is a great resource. I am grateful for this work by Tracie Dalessandro.

Beginning to research a problem, this was a good start. Liked many of the recipes.

My wife was diagnosed with Crohns at 56. Long story there but we finally got her to a doctor that did a full work up and got a definitive diagnosis. Next step - learning. I read a lot of reviews and looked at a lot of books before buying this one for us. It has been the best book for her and it had answered many questions for both of us. One big plus is that it restates what her doctor is recommending for. We found some great cookbooks too but this has given us the foundation to understand the disease

I bought this book almost 8 years ago. I have been living with Crohn's Disease for 13 years and have read at least a dozen books. Tracie's book is by far and away the BEST book on the market. She clearly explains how foods can "help" and how others can "hurt". Tracie understands because she is also a patient. There is no silver bullet or cure for IBD at this time, but this book is extremely informative about vitamin supplements and practical recipes that the entire family can enjoy. The diet is very inclusive and doesn't eliminate common foods or require expensive items or vitamins. Buy this book - you will be very happy that you did.

My sister was just diagnosed with ulcerative colitis and this book is a HUGE help! Great book to help figure out what to do next!

As a Crohns sufferer, I have searched and searched for answers as to what foods to avoid. This is

the first and only book I've been able to find that gives you actual food guidelines! This book has helped me immensely and I can tell a definite difference in my symptoms from using what knowledge I've gained from it. HIGHLY recommend this book!!

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