

A **7 Day Meal Plan for Ulcerative Colitis** is presented here in a table format. A **printable PDF format** is given at the end. This diet plan has been formulated by our nutritionist who has a special interest in healing diseases with simple dietary changes.

It is also important to note that during a flare of ulcerative colitis, **always consult your doctor and do not experiment with diet alone.**

In addition, some individuals have concomitant medical illnesses other than ulcerative colitis and they may **need specialized diets**. Such individuals can contact us and we can help them out with whatever is possible.

## What is Ulcerative Colitis?

Ulcerative colitis is sometimes mistaken for colitis and Crohn's disease, but the three conditions are quite different.

**Colitis is a general term** indicating inflammation of the large intestine which could be due to any reason such as infections, whereas **ulcerative colitis is an autoimmune inflammatory condition** with flares, remissions, and relapses.

The management of ulcerative colitis can be quite difficult, and nutrition plays a critical role in this. The following are the most common symptoms of ulcerative colitis:

- **Abdominal pain**
- **Cramping**
- **Bloody diarrhea**
- **Urgency**
- Weight loss
- Fever

The main cause of ulcerative colitis is still unknown, but genetics and auto-immune responses are said to be the two main causative agents for ulcerative colitis.

### Buy:

- Intoleran® Fibractase Forte for Fructans and Galactans Intolerance

### Read:

- [Ulcerative Colitis Vs Crohn's Disease Quiz](#)

## Diet and Ulcerative Colitis:

There is a great link between diet and ulcerative colitis, diet can be the cause, but diet can be the cure too.

Although, some people think that **poor diet is the actual cause of ulcerative colitis**. However, foods can aggravate or trigger the symptoms of ulcerative colitis but are not causing it.

## Can Diet Cure Ulcerative Colitis?

**NO**, but diet can help you live in good health even if you have ulcerative colitis. There are many diets that claim to cure it but there is no scientific evidence on any such diet. One diet might work for someone while on the other hand, it can be a culprit for someone else.

As a result, we cannot suggest one diet as a permanent solution for ulcerative colitis because there is no limit to how long it works in your favor.

## What are the Worst Foods for Ulcerative Colitis?

A list of the worst foods for ulcerative colitis is given below. These should be specifically avoided during a flare.

- Raw foods
- High fiber foods
- High-fat foods
- Spicy or acidic foods
- Lactose or gluten-containing foods
- Alcohol
- Caffeine
- Processed foods

If you have ulcerative colitis, you must be careful with these foods.

### Buy:

- Intoleran® Fibractase Forte for Fructans and Galactans Intolerance

### Read:

- [Best Weekly Meal Plan for Healthy Individuals](#)

## Diet for Ulcerative Colitis – The Complete Food Guide

As mentioned above, there is no specific diet to cure ulcerative colitis however, eating a balanced diet with carefully examining your symptoms after each meal can help you eliminate harmful foods and still have a nutritious diet.

### Protein and Calories:

Your daily calorie intake should be optimal to support your daily life activities. Besides this, a **high lean protein intake is recommended** to meet the increased protein needs due to inflammation. With inadequate intake, UC patients might notice gradual weight loss and fatigue.

### Fiber Intake:

At the start, a medium fiber diet is an easy way to keep the flare-ups at bay. **Soluble fiber is the most suitable** as it does not cause any gas or abdominal pain. Furthermore, to stay on the safe side you must avoid fiber foods during a flare-up

However, you should try to reintroduce high-fiber foods one at a time and again check if they are still causing any symptoms.

Generally, **it is safe to take 15-20 grams of fiber daily.**

### Cereals:

**Refined cereals are good** for people with ulcerative colitis as they contain less fiber. This is mostly recommended to prevent gas and bloating.

Lastly, it is not a hard and fast rule for everyone, if whole grains are well tolerated then you can always switch them with refined grains.

### Dairy and Gluten:

If you have lactose or gluten intolerance then you need to be extra careful with dairy foods and gluten-containing foods. Consult a dietician to help you with alternative foods that are equally nutritious.

#### Buy:

- Intoleran® Fibractase Forte for Fructans and Galactans Intolerance

#### Read:

- [7-day Customized Keto-friendly Meal Plans](#)

## Essential Vitamins for Ulcerative Colitis:

People with ulcerative colitis follow a restrictive diet, even if they eat a wide variety of foods, they still have to avoid some foods.

Here are some vitamins and minerals that you need to be extra careful with:

- **Calcium & Vitamin D:**

- Most people with diarrhea and colitis are asked to limit dairy products as they may have flares using dairy products especially if they have concomitant lactose intolerance.
- Calcium and Vitamin D supplementation is necessary.
- In addition, people with ulcerative colitis are also on medications such as prednisolone (corticosteroids) which can weaken your bones hence vitamin D and calcium supplementation is necessary.
- It is generally recommended to take 800 IU to 1200 IU of vitamin D daily. However, those who have vitamin D deficiency may need higher doses of up to 2000 IU per day.
- **Folic Acid:**
  - Folic acid is an essential vitamin. It is required for healing. Patients with chronic diarrhea and ulcerative colitis may be deficient in folic acid because of several reasons. These include:
    - Low intake as the patient may not be able to tolerate fresh vegetables and fruits.
    - Poor absorption because of diarrhea
    - Increased demand as a result of cellular turnover
    - Use with antifolate medications such as methotrexate.
  - Folic acid supplementation is essential for patients with ulcerative colitis as it may prevent some of the complications of ulcerative colitis [\[Ref\]](#)
  - Folic acid in a dose of 0.4 to 5 mg is recommended. It may be given at an interval of 2 to 3 days after methotrexate.
- **Magnesium:**
  - Magnesium deficiency is common in people with frequent diarrheal episodes. It is also one of the important causes of resistant hypokalemia (low potassium).
  - In addition, magnesium is said to have anti-inflammatory properties and supplementation may improve some of the symptoms of ulcerative colitis [\[Ref\]](#).
  - Magnesium should be taken in a dose of 320 to 420 mg per day.
- **Iron:**
  - Iron deficiency is very common in patients with ulcerative colitis because of frequent bloody diarrhea.
  - However, oral iron worsens the symptoms of ulcerative colitis and should be especially avoided during flares or ongoing intestinal inflammation.
  - In mild to moderate disease, a trial of oral iron as a maintenance therapy is given. However, intravenous iron is preferred in acute flares and in the following situations [\[Ref\]](#):
    - an inadequate response to oral iron with a less than 2 gm/dl increase in hemoglobin after 4 weeks
    - Intolerance to oral iron
    - Hemoglobin of less than 10 g/dl

## Foods to Avoid During Flare-up

People with ulcerative colitis experience flare-ups in which the symptoms aggravate. You may have frequent loose stools, bloating, and abdominal cramps during a flare-up.

- During a flare, you must **follow a low-fiber diet**. High-fiber foods might worsen diarrhea symptoms as they increase the transit time.
- **Avoid foods containing insoluble fiber** such as whole grains, fruits with peels, seeds, and vegetable skins.
- Eat small and frequent meals. **Avoid eating large portions of food** in one sitting.
- Take an adequate amount of fluid to avoid dehydration.
- To reduce gas and bloating, **avoid carbonated beverages**, sucking on candies, and quickly gulping food.
- **Avoid gas-producing foods** such as beans, lentils, sprouts, cauliflower, broccoli, etc.

<b>Buy:</b>	<b>Read:</b>
<ul style="list-style-type: none"> <li>• Intoleran® Fibractase Forte for Fructans and Galactans Intolerance</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Mounjaro Meal Plan: 7-Day 1500 Calorie Tirzepatide Diet Plan</a></li> </ul>

## 7 Day Meal Plan for Ulcerative Colitis – ~1000 calories

Day 1	Meal	Food Item	Calories (Kcal)
Monday	<b>Breakfast</b>	Scrambled eggs with white bread	200
	<b>Snack</b>	Baked sweet potato	120
	<b>Lunch</b>	1 cup Vegetable rice with steamed chicken	250
	<b>Snack</b>	French toast	110
	<b>Dinner</b>	Zucchini noodles	270

Day 2	Meal	Food Item	Calories (Kcal)
Tuesday	<b>Breakfast</b>	1 cup rice flakes bowl with frozen strawberries	250
	<b>Snack</b>	Papaya and pineapple smoothie	120
	<b>Lunch</b>	Grilled chicken tortilla wrap	230
	<b>Snack</b>	Amaranth muffin	140
	<b>Dinner</b>	1 cup Spinach pasta with guacamole	320

Day 3	Meal	Food Item	Calories (Kcal)
Wednesday	<b>Breakfast</b>	Egg and avocado sandwich	230
	<b>Snack</b>	Sliced apples (2)	120
	<b>Lunch</b>	Grilled shrimp with steamed, honey-glazed carrots	270
	<b>Snack</b>	Almond milk latte	150

	<b>Dinner</b>	Artichoke flatbread	310
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Day 4	Meal	Food Item	Calories (Kcal)
<b>Thursday</b>	<b>Breakfast</b>	Greek yogurt bowl + 2 bananas	210
	<b>Snack</b>	1 cup mango chunks	90
	<b>Lunch</b>	Chicken Cesar salad with olive oil	350
	<b>Snack</b>	Chocolate chip cookie	120
	<b>Dinner</b>	2 oz Baked cod	210

Day 5	Meal	Food Item	Calories (Kcal)
<b>Friday</b>	<b>Breakfast</b>	Blueberry pancakes	150
	<b>Snack</b>	Sliced kiwi fruit	160
	<b>Lunch</b>	Roasted turkey with cooked bell peppers	350
	<b>Snack</b>	Dates (4)	60
	<b>Dinner</b>	Mango ice cream shake	250

Day 6	Meal	Food Item	Calories (Kcal)
<b>Saturday</b>	<b>Breakfast</b>	Mango smoothie with yogurt	180
	<b>Snack</b>	Honey glazed carrots	100
	<b>Lunch</b>	Taco salad bowl	270
	<b>Snack</b>	Bread with strawberry jam	150
	<b>Dinner</b>	Roasted vegetable sandwich (without spices, or lime seasonings)	290

Day 7	Meal	Food Item	Calories (Kcal)
<b>Sunday</b>	<b>Breakfast</b>	White bread + vegetable omelet	220
	<b>Snack</b>	Potato wedges with minimum salt	150
	<b>Lunch</b>	Cranberry Quinoa bowl	290
	<b>Snack</b>	Cantaloupe chunks (1 cup)	120
	<b>Dinner</b>	Egg sandwiches (2 small)	230

**Buy:**

- Intoleran® Fibractase Forte for Fructans and Galactans Intolerance

**Read:**

- [Gut Cleanse Detox: Meal Plans to Detox Your Gut in 7 Days](#)

## Table summarizing the 7 Day Meal Plan for Ulcerative Colitis: ~1000 kcal:

Day	Breakfast	Snack	Lunch	Snack	Dinner	Total Calories
<b>Monday</b>	Scrambled eggs with white bread 200 kcal	Baked sweet potato 120 kcal	1 cup Vegetable rice with steamed chicken 250 kcal	French toast 110 kcal	Zucchini noodles 270 kcal	960 kcal
<b>Tuesday</b>	1 cup rice flakes bowl with frozen strawberries 250 kcal	Papaya and pineapple smoothie 120 kcal	Grilled chicken tortilla wrap 230 kcal	Amaranth muffin 140 kcal	1 cup Spinach pasta with guacamole 320 kcal	1060 kcal
<b>Wednesday</b>	Egg and avocado sandwich 230 kcal	Sliced apples (2) 120 kcal	Grilled shrimp with steamed, honey-glazed carrots 270 kcal	Almond milk latte 150 kcal	Artichoke flatbread 310 kcal	1080 kcal
<b>Thursday</b>	Greek yogurt bowl + 2 bananas 210 kcal	1 cup mango chunks 90 kcal	Chicken Cesar salad with olive oil 350 kcal	Chocolate chip cookie 120 kcal	2 oz Baked cod 210 kcal	980 kcal
<b>Friday</b>	Blueberry pancakes 150 kcal	Sliced kiwi fruit 160 kcal	Roasted turkey with cooked bell peppers 350 kcal	Dates (4) 60 kcal	Mango ice cream shake 250 kcal	970 kcal

<b>Saturday</b>	Mango smoothie with yogurt	Honey glazed carrots	Taco salad bowl	Bread with strawberry jam	Roasted vegetable sandwich (without spices, or lime seasonings)	990 kcal
	180 kcal	100 kcal	270 kcal	150 kcal	290 kcal	
<b>Sunday</b>	White bread + vegetable omelet	Potato wedges with minimum salt	Cranberry Quinoa bowl	Cantaloupe chunks (1 cup)	Egg sandwiches (2 small)	1010 kcal
	220 kcal	150 kcal	290 kcal	120 kcal	230 kcal	

## 7 Day Meal Plan for Ulcerative Colitis – 1500 Calories

Day 1	Meal	Food Item	Calories (Kcal)
<b>Monday</b>	<b>Breakfast</b>	Scrambled egg + bread + 2 Bananas	240
	<b>Snack</b>	Strawberry + yogurt smoothie	180
	<b>Lunch</b>	Chicken Sandwich (2) + 1 cup of cantaloupe chunks	450
	<b>Snack</b>	1 cup fat-free chocolate milk	220
	<b>Dinner</b>	2 oz Baked Fish with Plain Rice (1 cup)	440

Day 2	Meal	Food Item	Calories (Kcal)
<b>Tuesday</b>	<b>Breakfast</b>	1 cup fat-free yogurt + 2 large Crackers	305
	<b>Snack</b>	Pineapple juice	160
	<b>Lunch</b>	Chicken soup + cucumber and apple salad	380
	<b>Snack</b>	Chocolate muffin	240
	<b>Dinner</b>	Zucchini pasta (without cheese) + 1 cup pomegranate juice	470

Day 3	Meal	Food Item	Calories (Kcal)
<b>Wednesday</b>	<b>Breakfast</b>	1 cup cooked oatmeal + 1 medium Pear	280
	<b>Snack</b>	1 cup fat-free yogurt	120
	<b>Lunch</b>	Tuna Spaghetti + minted Potatoes + ½ cup melon chunks	510



	<b>Snack</b>	Boiled sweet potato (without salt)	180
	<b>Dinner</b>	Steamed Chicken + Spanish rice + ½ cup apricots	420

Day 4	Meal	Food Item	Calories (Kcal)
Thursday	<b>Breakfast</b>	French toast + 1 cup of fat-free milk	400
	<b>Snack</b>	¾ cup dried Figs	120
	<b>Lunch</b>	2 oz Turkey Meat loaf + guacamole + 1 medium peach	380
	<b>Snack</b>	crackers (2)	180
	<b>Dinner</b>	2 oz Ginger Sesame salad + fresh spinach and mushroom	460

Day 5	Meal	Food Item	Calories (Kcal)
Friday	<b>Breakfast</b>	Low-fat Granola bar + 2 Bananas	310
	<b>Snack</b>	½ cup roasted peanuts (without salt)	120
	<b>Lunch</b>	Turkey Sandwich with lettuce leaves + 1 cup of grapes	460
	<b>Snack</b>	chocolate cookies (2)	220
	<b>Dinner</b>	Vegetable rice + steamed chicken thigh (2)	410

Day 6	Meal	Food Item	Calories (Kcal)
Saturday	<b>Breakfast</b>	Omelet + bread (2 slices) + 1 Apple	350
	<b>Snack</b>	Greek yogurt ½ cup	120
	<b>Lunch</b>	Stuffed turkey with vegetable rice	450
	<b>Snack</b>	1 cup black grapes	150
	<b>Dinner</b>	French Toast (2) + Honey-glazed sweet potatoes	430

Day 7	Meal	Food Item	Calories (Kcal)
Sunday	<b>Breakfast</b>	1 cup sweet yogurt with strawberries + 2 boiled eggs	390
	<b>Snack</b>	1 cup green smoothie (spinach+ banana+ mango)	210
	<b>Lunch</b>	Baked chicken macaroni + 1 cup mint margarita	370
	<b>Snack</b>	Caramelized banana	120
	<b>Dinner</b>	White bean stew + whole wheat roll + thyme roasted beets	450

<b>Buy:</b>	<b>Read:</b>
<ul style="list-style-type: none"> <li>Intoleran® Fibractase Forte for Fructans and Galactans Intolerance</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">IBS Meal Plan: Say Goodbye to IBS with Life-Changing 7-Day Diet Plan!</a></li> </ul>

## Table summarizing the 7 Day Meal Plan for Ulcerative Colitis ~1500 kcal:

Day	Breakfast	Snack	Lunch	Snack	Dinner	Total Calories
<b>Day 1</b>	Scrambled egg + bread + 2 Bananas 240 kcal	Strawberry + yogurt smoothie 180 kcal	Chicken Sandwich (2) + 1 cup of cantaloupe chunks 450 kcal	1 cup fat-free chocolate milk 220 kcal	2 oz Baked Fish with Plain Rice (1 cup) 440 kcal	1530 kcal
<b>Day 2</b>	1 cup fat-free yogurt + 2 large Crackers 305 kcal	Pineapple juice 160 kcal	Chicken soup+ cucumber and apple salad 380 kcal	Chocolate muffin 240 kcal	Zucchini pasta (without cheese) + 1 cup pomegranate juice 470 kcal	1555 kcal
<b>Day 3</b>	1 cup cooked oatmeal + 1 medium Pear 280 kcal	1 cup fat-free yogurt 120 kcal	Tuna Spaghetti + minted Potatoes + ½ cup melon chunks 510 kcal	Boiled sweet potato (without salt) 180 kcal	Steamed Chicken + Spanish rice + ½ cup apricots 420 kcal	1510 kcal
<b>Day 4</b>	French toast + 1 cup of fat-free milk 400 kcal	¾ cup dried Figs 120 kcal	2 oz Turkey Meat loaf + guacamole + 1 medium peach 380 kcal	crackers (2) 180 kcal	2 oz Ginger Sesame salad + fresh spinach and mushroom 460 kcal	1500 kcal
<b>Day 5</b>	Low-fat Granola bar + 2 Bananas	½ cup roasted peanuts (without salt)	Turkey Sandwich with lettuce leaves	chocolate cookies (2) 220 kcal	Vegetable rice + steamed chicken thigh (2)	1520 kcal

	310 kcal	120 kcal	+ 1 cup of grapes 460 kcal		410 kcal	
<b>Day 6</b>	Omelet + bread (2 slices) + 1 Apple 350 kcal	Greek yogurt ½ cup 120 kcal	Stuffed turkey with vegetable rice 450 kcal	1 cup black grapes 150 kcal	French Toast (2) + Honey-glazed sweet potatoes 430 kcal	1500 kcal
<b>Day 7</b>	1 cup sweet yogurt with strawberries + 2 boiled eggs 390 kcal	1 cup green smoothie (spinach+ banana+ mango) 210 kcal	Baked chicken macaroni + 1 cup mint margarita 370 kcal	Caramelized banana 120 kcal	White bean stew + whole wheat roll + thyme roasted beets 450 kcal	1540 kcal