

What is it?

- **Colitis**- Inflammation of the large intestine



What Foods do I need to avoid?

- **AVOID**- Foods with skins, seeds, nuts, coconut, chocolate, tough or fried meats, luncheon meats, hotdogs, pimento cheese, gravies, sauces, sardines, anchovies, crunchy peanut butter, raw or fried eggs, strong cheeses, whole grain breads and cereals, biscuits, cornbread, muffins, waffles, rich pastries, doughnuts, raisins, highly spiced food, wild rice, dried fruits, coffee, tea or any drink with caffeine, alcohol, dried peas and beans, pepper, chili sauce, onions, olives, pepper sauce, soy sauce, and any food that gives you problems



What Foods can I eat?

- **Foods to Eat**- Broil, boil, bake, roast, stew, grill or stir fry chicken or turkey without the skin, fish, shellfish, lean cuts of beef, lamb, veal, tuna, smooth peanut butter, and pork loin or chops, milk, mild flavored cheeses, white bread, oatmeal, grits, cream of wheat or rice, canned or well cooked asparagus, beets, carrots, green peas, green beans, summer and winter squash, spinach, mushrooms, okra, lettuce, fruit juices, banana, applesauce, canned pears, apples, peaches, baked apple, margarine, oil, sour cream, crisp bacon, cream cheese, mayonnaise. mild salad dressings, sugar, sugar substitutes, honey, clear jelly, plain puddings, custard, angel food cake, graham crackers, vanilla wafers, butter cookies, sherbet, ice cream

What do I need to do?

- **See a Health Care Provider**- for more information
- **Drink Plenty of Fluids**-8 glasses of water a day and drink fluids at the end of a meal
- **See a Registered Dietitian**- about a Bland diet, eat 6 small meals a day and avoid foods that cause discomfort, do not eat 2 hours before sleeping, avoid extreme temperatures in food
- **Eat**- slowly and chew food well, resting before and after meals
- **Avoid**- Stress, Quiet Environment, try not to get upset
- **Take medications** -only as Prescribe

