

## Mayo Clinic Minute: Can diet help with inflammatory bowel disease?

Video	Audio	
Amanda Johnson, M.D. Gastroenterology Mayo Clinic	Inflammatory bowel disease, or IBD, is a broad term for chronic inflammation of your digestive tract. Two types are Crohn's disease and ulcerative colitis.	
	"Ulcerative colitis really tends to only involve the colon and be more of a superficial type inflammation. Whereas Crohn's disease can impact anything in the intestine.	
	Diet alone does not cause IBD. While some foods may reduce symptoms, there is no one proven diet to control inflammation.	
	"The right diet is probably different for each individual, based on the type of IBD that they have, the location of their disease, whether they've had surgeries or other complications."	
	Focus on fresh fruits and vegetables, whole grains and avoid ultra-processed foods, added sugars and animal fats. And drink plenty of fluid to stay hydrated.	
	Diet does not replace medical treatment. There are effective treatment options, so it is important to work with your health care provider.	
	"The tenant of therapy we have are immune suppressing type therapies that try to target that inappropriate response to the intestines and then calm down that inflammation within the gut."	
	For the Mayo Clinic News Network, I'm Joel Streed.	