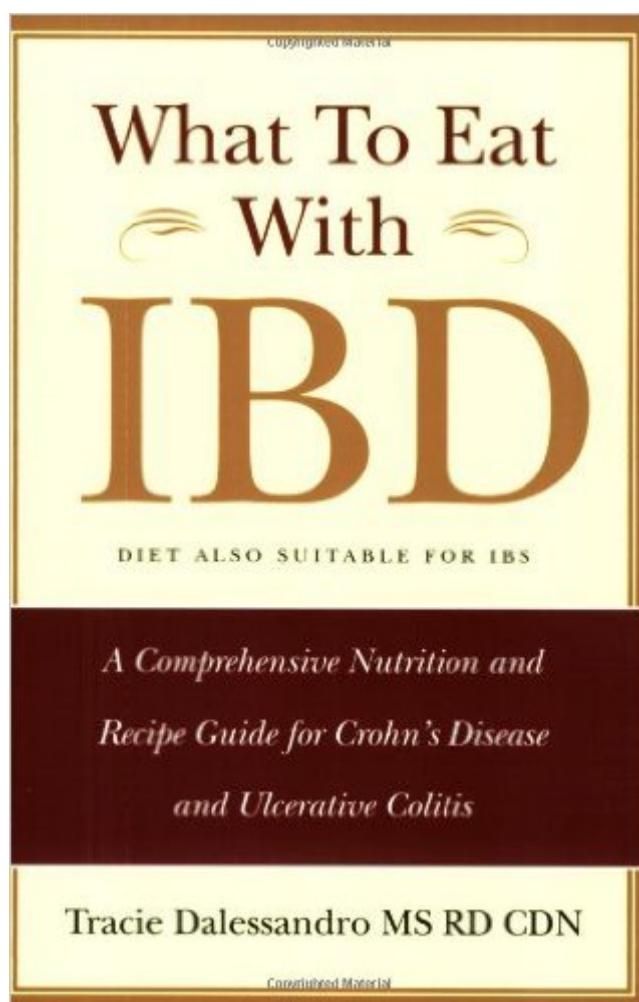


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# What To Eat With IBD: A Comprehensive Nutrition And Recipe Guide For Crohn's Disease And Ulcerative Colitis



## 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

I purchased this book a few years after I was diagnosed with ulcerative colitis. (2005) Those first years were of shock and denial. I was hearing so many things from experts that didn't make sense or feel good when I tried to make the changes they suggested. What was soluable fiber and insoluable fiber? Where do I start in taking supplements?...no one ever mentioned those words. When I finally found the book "what to eat with IBD", food and vitamins made more sense in how they relate to IBD. I finally started to understand what our bodies with IBD need in order to thrive. I have found no other book that explains so matter of factly, and that which gives a wonderful guide of FOODS that HEAL and FOODs that HURT. This really should be given out in G.I's offices for when a patient first learns that they have IBD. It is tremendously supportive. There would be a ton less people crying out saying, "what can I eat!" If you know someone who is recently diagnosed with IBD, buy this book for them to start in the right direction as they start to research and ask questions. The recipes are fantastic, well balanced, and fit for everyone in the family. I've made almost every recipe and have only disliked one or two. You don't have to slave in the kitchen either! If you have wheat issues or don't believe in eating gluten the book will still be helpful, just substitute gluten free products. I have to add that I did do the scd diet strictly for almost a year. It felt good because of eliminating the sugars, but nutritionally it's not as sound as Tracie Dalessandro's book. I've had the opportunity to speak with Tracie on the phone. I am just a stranger to her, one of the millions in this world suffering.

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