

Diet	Approach	Issues	Comment
colitis-crohns.com diet	Strictly Vegan	This diet is likely to be difficult to maintain due to the range of foods that are excluded (protein, amino acid, etc - all important for the immune system - don't forget that IBD is an auto-immune disorder) May also be difficult to achieve sufficient calcium intake as dairy products excluded. Potential issue with B&D vitamins. My view would be that this might specifically be problematic for people with Crohn's disease. High fibre content may aggravate the symptoms of IBD (bloating, pain, etc) particularly during a flare-up. I would not personally advise a vegan diet for children with IBD.	I believe that a claim of 100% cure of any health condition through diet and lifestyle change should be considered as dubious – the website www.colitis-crohns.com says “All bowel problems are totally healable — despite contrary opinions!”
Specific Carbohydrate Diet (SCD)	Grain-free, Lactose-free, Sucrose-free	This is a great diet - originally developed for coeliac disease and has been adopted to apply to IBD and IBS. May be unnecessarily restrictive for people with IBS and IBD whilst in remission. High fibre diet may aggravate symptoms (as above).	Remember that not all people with IBD have an allergy to Gluten. It may very well be the case that you can include foods from the “banned” list (during remission) for this reason. The same is true with lactose.
Gut and Psychology Syndrome (GAPS) Diet	Essentially an extension of SCD - additionally excluding Casein	As with SCD. I also agree with the removal of casein only for people who have allergy to this (found in milk and dairy products and commonly used as a food additive - usually a binding agent). Excellent focus on the allergy potential of/in foods. Could therefore perhaps be more beneficial for IBS than IBD.	See comments for SCD above. Advocates the addition of food supplements. Importantly also advocates the use of probiotics
Makers (Bible) Diet	Essentially a Kosher diet	High fibre, citrus fruits and nuts may make this diet less than optimal for people with IBD and IBS. Also potentially restrictive and in some ways ‘traumatic’ for the colon (frequent periods of semi-fasting)	A great diet <i>for healthy people</i> in my view. Possibly helpful in <i>prevention</i> of IBD & IBS. Good as a weight-loss diet (for people without conditions of the gut).
Macrobiotic Diet	Seasonally adjusted, grain-based diet	The grain-focus in this diet may be an issue for people with IBD/IBS particularly in a flare-up.	A great diet <i>for healthy people</i> in my view.