

IBD DIET MENU

Inflammatory Bowel Disease

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NUTRITION SUPPLEMENTS

Ordered by physician, not dietary staff

Boost Breeze®
Ensure® Clear
Kate Farms®
Pediasure® Grow
and Gain

BREAKFAST

Biscuit
Cheesy Eggs
Cream of Wheat
French Toast Sticks
Grits
Hard Boiled Egg
Rice Krispies®
Scrambled Eggs
Pancakes
Plain Bagel
Tater Tots
Wheat Toast
White Toast
Yogurt

ENTRÉES

Black Beans & Rice
Caribbean Red Beans
& Rice
Chicken Tacos
(no cheese)
Crispy Baked Tofu
Caribbean Red Beans
& Rice
Grilled Chicken Breast
Pasta with Marinara
Pasta with Pesto
Uncrustable® PB&J
Vegetable Fried Rice

SOUPS

Beef Broth
Chicken Broth
Chicken Noodle Soup
Vegetable Broth
Saltines

GRILL

Black Bean Burger
Cheese Quesadilla
Chicken Quesadilla
Grilled Chicken Sandwich

Bread Choices:

White Bread
White Hamburger Bun
Wrap

Topping Choices:

Cheddar Cheese
Pickles
Sliced Tomato
Swiss Cheese

SIDES & SNACKS

Garlic Bread
Goldfish®
Lay's® Potato Chips
Pretzels
Smiley Fries
String Cheese
Whipped Potatoes
White Rice

Vegetables

Cooked Carrots
Green Beans
Green Peas

Fruits:

Applesauce
Banana
Mandarins
Peaches
Pears

CONDIMENTS

Cinnamon
Jelly
Ketchup
Lemon Juice
Margarine
Mayonnaise
Mustard
Peanut Butter
Salt & Pepper
Soy Sauce

BEVERAGES

Almond Milk
(Chocolate & Vanilla)
Bottled Water
Carnation® Instant
Breakfast
(Chocolate & Vanilla)
Crystal Light®
Gatorade®
Gatorade Zero®
Juice (Apple & Cranberry)
Milk (2%)
Soy Milk (Vanilla &
Chocolate)

