

# Nutrition Tidbits



## General Symptoms of Inflammatory Bowel Disease (IBD)

- Diarrhea
- Abdominal Pain & Cramping
- Blood in your stool
- Ulcers
- Reduced appetite and weight loss
- Fistula or abscess

### Other signs and symptoms

People with severe IBD may experience fever and fatigue as well as problems that occur outside the digestive tract, including arthritis, eye inflammation, skin disorders, and inflammation of the liver or bile ducts. If you have any of these symptoms, discuss them with your physician.

Source: MayoClinic.com

## Dietitian Spotlight:

### Carol S. Ireton-Jones, PhD, RD, LD, CNSD, FACN

Dr. Carol Ireton-Jones received her PhD and Master's degrees in Nutrition from Texas Woman's University and her undergraduate degree in Nutrition and Dietetics came from Texas Tech University where she also received her clinical training. She developed The Ireton-Jones Equations for estimating energy requirements in hospitalized patients and these are widely used nationally and internationally.

Carol and Donna Israel are the founders of PNT and continue to work together side by side today. Carol's area of expertise is in assessment of energy needs for individuals as well as hospitalized patients. She has expertise in GI disease nutrition management such as Crohn's disease, irritable bowel syndrome and short bowel syndrome. Additionally she has worked extensively in home nutrition care for people requiring enteral (tube feeding) or parenteral (intravenous) nutrition support. She has recently completed the book *The Handbook of Home Nutrition Support* with Dr. Mark DeLegge, which is available for purchase through <http://www.jbpub.com> or <http://www.amazon.com>.

She has presented numerous scientific lectures worldwide, published many peer-reviewed articles and book chapters. Dr. Ireton-Jones received the Distinguished Scientist Award from the Texas Dietetic Association and the Distinguished Alumna Award from Texas Tech University. She also received the prestigious Medallion Award from the American Dietetic Association.



Carol Ireton-Jones  
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## A Gutsy Issue: Crohn's Disease

Carol Ireton-Jones  
PhD, RD, LD, CNSD, FACN

Crohn's disease is a chronic inflammatory disease that may involve any part of the digestive tract from mouth to anus. While the cause remains unknown it appears that infections, genetics, and an altered immune system may play a role in the development of the disease. Abdominal pain, diarrhea and weight loss are the major sign and symptoms which lead someone to seek medical attention. Often, Crohn's disease is diagnosed before the age of 30 although there are a significant number of people who are initially diagnosed later in life. Treatment includes drug therapy, nutritional therapy, and in some cases, surgery.

Medical nutrition therapy, that is the "food therapy" component of the treatment plan for Crohn's disease is very important. As mentioned, weight loss may be present so not only is it necessary to determine on the best foods to eat but also how to re-build a person's nutrition stores. The dietitian (RD) can review an individual's usual intake and help identify changes that can be beneficial in decreasing GI symptoms. In addition, the RD can work with the medications used to enhance the person nutrient intake and tolerance of these nutrients. If someone has Crohn's disease or even

if they are having some GI distress, there are key nutrition components to evaluate which are best done through a diet history or food frequency diary kept over several days to determine what foods are being eaten and when. By combining the food intake with recording any GI symptoms that occur during the same time period, the RD will be able to assess food intolerances and dietary restrictions that effect nutrient adequacy, calorie and protein intake, fiber intake and how these are associated with abdominal pain, diarrhea, nausea or medications to create a "food therapy plan" which tastes good and "feels good"! Sometimes an oral diet isn't enough or isn't "working" and in those cases feeding with enteral nutrition (tube feeding) or intravenously (parenteral nutrition) may be needed for a short time.

Crohn's disease management requires a multi-disciplinary approach to care including medical and nutrition components but also psychosocial care. The Crohn's and Colitis Foundation (<http://www.cffa.org>) has excellent support materials for patients and their families of all ages.

(See page 2 for more online resources for digestive health.)

## Crohn's and Ulcerative Colitis-Friendly Recipes

### POT ROAST FOR TENDER TUMMIES

#### Ingredients:

3 lbs. boneless chuck roast  
1/4 cup flour (to coat roast)  
2 tbsp. canola oil (or to taste)  
16 oz. fat-free beef broth  
16 oz. water  
3 potatoes (peeled and halved)



#### Instructions:

Heat small amount of canola oil in a cast-iron skillet or dutch oven on medium high until hot. On paper, coat roast with flour. Brown the roast on all sides in the oil. Remove meat to platter and drain oil from skillet. Reduce heat to low, put small grate or rack in skillet and place roast on it. Pour beef broth over roast and add water to skillet. Cover and cook over low heat for 2 1/2 to 3 hours until done. During last hour, add approximately 3 peeled and halved potatoes around roast. Turn up heat to medium for this last hour and cook until potatoes are tender.

**Yield:** 6 servings

Submitted by Evelyn Quinn Sperry



### RASPBERRY RING

#### Ingredients:

2 cups of boiling water  
6 oz. JELL-O Raspberry gelatin mix, prepared  
1 pint raspberry sherbet  
1 cup COOL WHIP whipped topping

#### Instructions:

Pour boiling water over gelatin in bowl, stirring until gelatin is dissolved. Stir in raspberry

sherbet until melted. Pour into a 4-cup ring mold; chill until firm. Just before serving, unmold and fill with non-dairy whipped topping.

**Yield:** 6 servings

Submitted by Carolyn Thompson

Source: Crohn's & Colitis Foundation of America (CCFA)

<http://www.ccfa.org>

## NEWS FLASH!!

Check out PNT in the September issue of *Dallas CEO Magazine*, page 26, "The Israel Diet!"

## Helpful Websites on Digestive Health

National Institute of Diabetes and Digestive and Kidney Diseases:  
<http://www2.niddk.nih.gov/>

American Academy of Family Physicians:  
<http://familydoctor.org/online/famdoce/n/home/common/digestive.html>

American Gastroenterological Association Patient Center:  
<http://www.gastro.org/wmspage.cfm?parm1=478>

UpToDate for Patients:  
<http://www.uptodate.com/patients/index.html>

## \*\* BACK TO SCHOOL SPECIAL \*\*



Book a consultation with a dietitian in the month of September and receive 50% off a test that accurately tells you how many calories you need each day. Mention redemption code: MEDGEM



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