



What to Eat with IBD: A Comprehensive Nutrition and Recipe Guide for Crohn's Disease and Ulcerative Colitis

Tracie M. Dalessandro

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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.

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