

Nutrient Focus in IBD

NUTRIENT	FOOD SOURCES
Vitamin D	Salmon, eggs, fortified plant milk, mushrooms 
Folate	Leafy greens, beans & pulses, avocado 
B12	Fish, eggs, dairy, nutritional yeast 
Iron	Lentils, beans, spinach, pumpkin seeds, red meat 
Zinc	Pumpkin seeds, chickpeas, cashews, whole grains 
Magnesium	Nuts, seeds, leafy greens, dark chocolate 
Calcium	Dairy, fortified plant milks, tahini, almonds 
Selenium	Brazil nuts, fish, eggs, whole grains. 
Omega 3	Oily fish, flaxseeds, chia seeds, walnuts, algae oil 
Vitamin K	Leafy greens, broccoli, Brussels sprouts. 

Nutrient needs may be unmet in IBD due to malabsorption, diarrhoea, blood loss and the effects of medication.