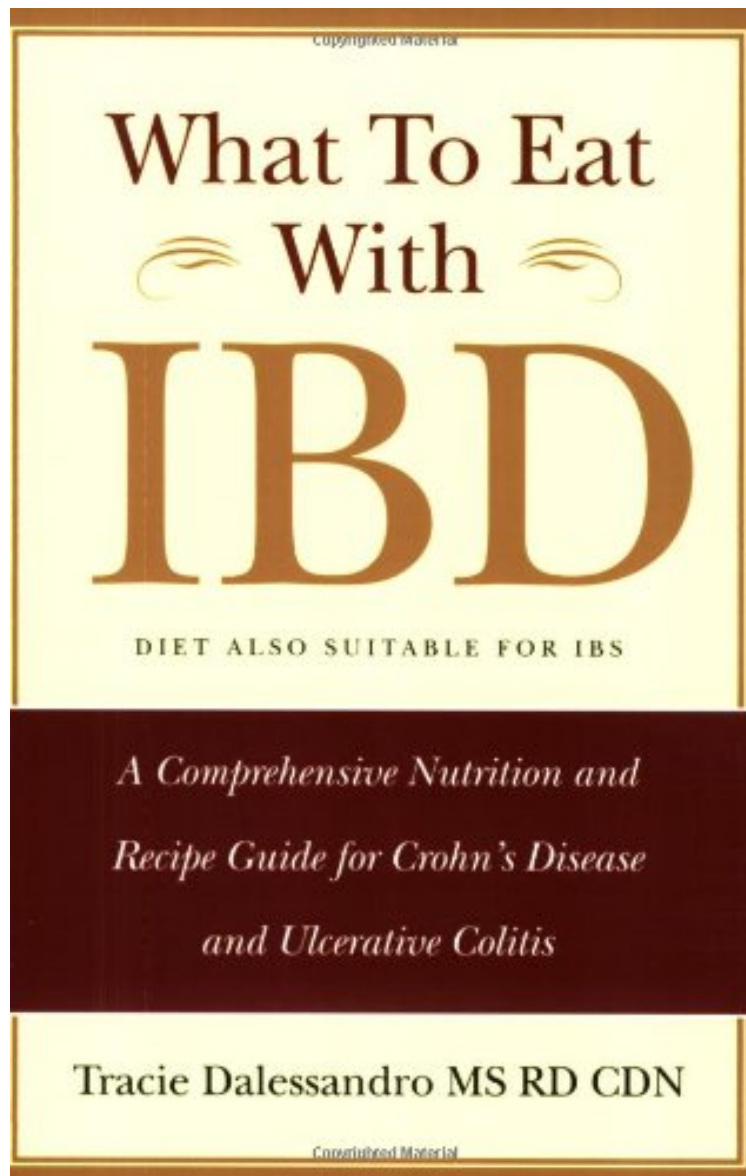


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# What to Eat with IBD: A Comprehensive Nutrition and Recipe Guide for Crohn's Disease and Ulcerative Colitis

*Tracie M. Dalessandro*

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**Tracie M. Dalessandro : What to Eat with IBD: A Comprehensive Nutrition and Recipe Guide for Crohn's Disease and Ulcerative Colitis**

before purchasing it in order to gauge whether or not it would be worth my time, and all praised *What to Eat with IBD: A Comprehensive Nutrition and Recipe Guide for Crohn's Disease and Ulcerative Colitis*:

2 of 2 people found the following review helpful. Two Stars By david vanhove If you already know how to eat clean this book is already everything you have researched. 2 of 2 people found the following review helpful. Outstanding reference guide and recipe book -- the best I've found for those with IBD. By San Diego yoga fan Seriously great book. The nutritional information is invaluable, practical and helpful. The recipes were relatively easy to make and delicious. Some of them use onions, garlic, etc., which I can't tolerate, so I just don't use those ingredients -- which are just for flavoring anyway. I have found at least 10 essential keepers here. Thank you Tracie, for writing such an honest and helpful book. 0 of 0 people found the following review helpful. GOOD BOOK TO OWN.. By Bernice Weisgrau WHAT TO EAT WITH IBD. My husband has ulcerative colitis and she explained all the different IBD problems. She explained the importance of eating correctly and making sure all the nutritional foods that are required for this disease. It was very informative.. A good reference book to have in your library among all others. Bernice Weisgrau

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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