

## What You Need to Know About



The **Tasty&Healthy™** diet excludes foods that aggravate intestinal inflammation including processed and industrialized foods, animal fats, and gluten. After the induction stage and entering remission, an attempt is made to re-introduce dairy and gluten while following inflammation. **Tasty&Healthy™** focuses on recipes made from fresh, whole foods, including vegetables, fruits, legumes, rice, grains, eggs, poultry, seafood and fish. It offers a wide range of delicious food options to support gut health. It induces clinical remission in ~70% of patients with mild-moderate Crohn's disease and leads to healing or near healing of the inflammation in 30-40%. Unlike in Crohn's disease where **Tasty&Healthy™** can eliminate inflammation as a sole treatment in mild uncomplicated disease, in ulcerative colitis it is usually used to support medical treatment by ensuring adequate fiber amount and reducing processed foods, both found to be protective of colitis. In ulcerative colitis dairy and gluten are allowed in the diet since no scientific study proved that these ingredients are problematic.

The Tasty&Healthy nutritional intervention spans 8 weeks. After this period, those who are in clinical remission may gradually attempt to reintroduce unprocessed whole gluten and dairy as part of a maintenance nutritional therapy plan while monitoring closely the inflammatory status in the bowel. Some can tolerate a more liberal diet and some do not and this needs to be determined with a medical and dietician support.

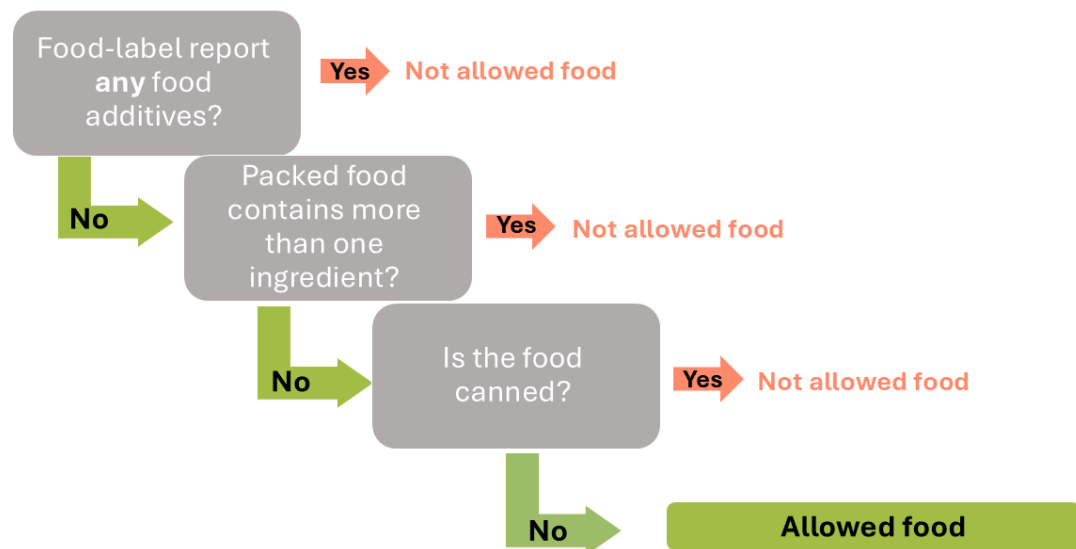
## **Foods to Avoid on "Tasty&Healthy" during the induction stage**

1. **Processed and Packaged Foods** – Avoid all foods that come from a box, bottle, can, bag, or package, unless they contain a single raw ingredient with no additives (e.g. a bag of rice). Canned foods are forbidden.
2. **Animal Fats** – Refrain from consuming meat, milk, and dairy products, except for plain yogurt.
3. **Deep-Fried Foods** – All deep-fried foods should be avoided.
4. **Gluten** – Avoid wheat, barley, spelt, and rye. Gluten-free oats are permitted if unprocessed.
5. **Salt, sugar, honey and alcohol** – Ideally, these should be avoided, but small amounts may be allowed if necessary.

## **You Can Eat Freely Anything Not Included in the "To Avoid" List, for example:**

1. Vegetables, fruits, natural fruit juices, and herbs.
2. Fresh fish, seafood, and poultry (avoid frozen as it is often processed).
3. Plain natural yogurt or probiotic yogurt without additives (e.g., fruits, vitamins, flavors).
4. Eggs (limit to one per day).
5. Vegetable oils, preferably olive or canola oil, provided they are not used for deep frying.
6. Gluten-free grains such as rice, quinoa, buckwheat, etc.
7. Gluten-free oats.
8. Legumes such as lentils, chickpeas, green beans, soybeans, etc.
9. Gluten-free flours made from almond, coconut, oats, buckwheat, chickpeas, lentils, etc.
10. All types of nuts, including peanuts, almonds, and sesame seeds.
11. Natural coffee and tea (without flavoring).
12. Natural spices (additive-free).
13. Any other unprocessed, additive-free foods not listed in the "avoid" section.

Look at food labels carefully and read the ingredient list. The chart below can help you assess a packaged food product and determine whether it fits the "Tasty & Healthy" diet.

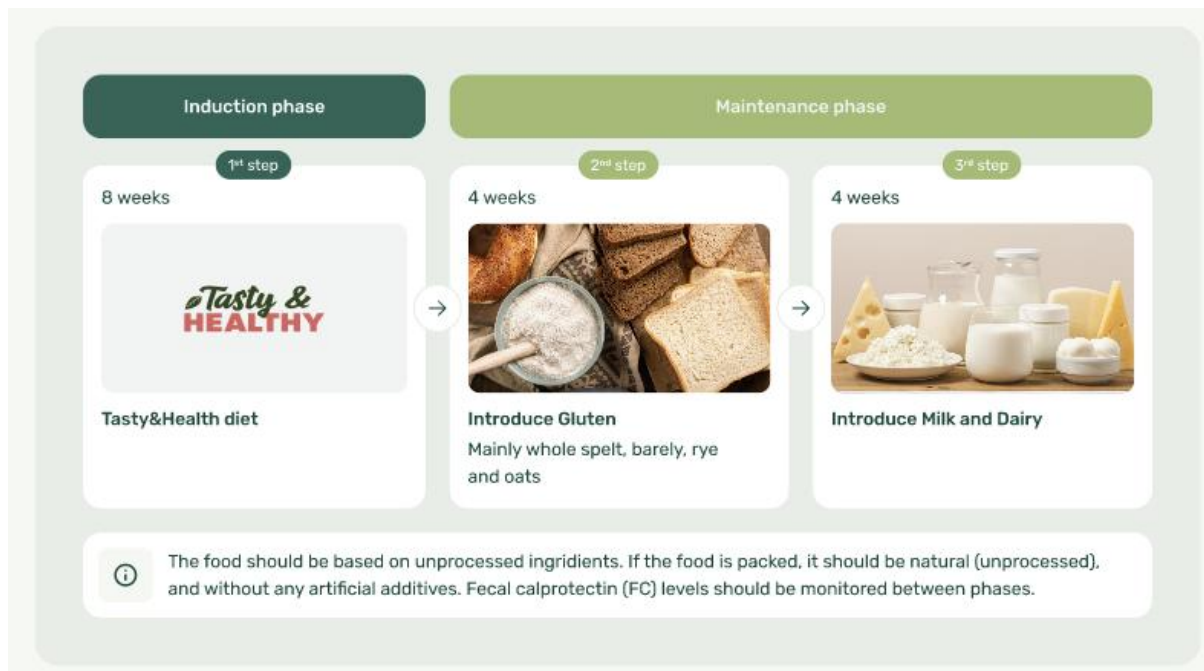


### The Tasty&Healthy™ Maintenance stage

The effect of different types of food on intestinal inflammation can vary between individuals. The Tasty&Healthy™ Maintenance stage allows a personalized approach by gradually reintroducing specific foods every four weeks under the guidance of your medical team and a dietician's support. Progress is monitored using fecal calprotectin which is a sensitive marker of bowel inflammation, aided by symptoms and blood tests, such as C-reactive protein.

Every four weeks, new food items will be added to your diet, starting with low quantity gluten (mainly whole spelt, barley, rye and oats), followed by milk and dairy. Importantly, during the maintenance stage you should continue avoiding all processed and packaged foods—anything that comes in a box, bottle, can, bag, or package—except foods containing only a single nutritional ingredient without any added substances listed on the label. If the new food triggers the disease, an increase in fecal calprotectin will be noted and the food will be excluded again. This process will allow you to observe and evaluate how your body responds to different foods.

## The Tasty&Healthy™ diet phases



### Tips for Success

1. Consult a dietitian to ensure a balanced diet
2. In cases of abdominal pain, bloating or diarrhea, the dietitian may consider changes in the diet, such as reducing some sugars (i.e. low FODMAP) or fiber. In these cases, a medical consultation is advised to individualize the intervention and tests required.
3. Try a variety of recipes and ingredients to keep your diet diverse for maintaining a balanced and healthy diet. Different types of foods provide a range of fibers, micronutrients, and macronutrients.
4. Simple preparations, like washing and cutting fruits and vegetables in advance, can make it easier to follow the diet. Accessible healthy food is more likely to be consumed.
5. Homemade gluten-free breads and buns can be prepared ahead of time and frozen.
6. It is recommended to consume calcium-rich foods (Table). For example, children and adults who need 1,000 mg of calcium per day can consume two cups of yogurt, four tablespoons of whole raw tahini, and half a cup of tofu daily. Alternatively, a daily calcium supplement can be used, with professional guidance from a registered dietitian.

### Recommended Daily Calcium Intake\* by Age Group

Age Group (Years)	Recommended Daily Calcium Intake (mg)
Children 1-3 years	700
Children 4-8 years	1,000
Adolescents 9-18 years	1,300
Adults 19-50 years	1,000
Adults 51-70 years	1,000 (Men) / 1,200 (Women)
Adults over 70 years	1,200

\*Dietary Reference Intakes ( DRIs ): Recommended Dietary Allowances and Adequate Intakes , Vitamins Food and Nutrition Board , Institute of Medicine , National Academies. Food Nutr Board. 2011;(1997):10-12

### Calcium Content in various foods

Food	Calcium Content (mg)
Plain yogurt (150g)	200
Tofu (½ cup, 100g)	200
Whole sesame tahini (2 tbsp)	200
Raw tahini	60
Broccoli (1 cup)	60
Dried apricots (2 pieces)*	40
Orange (1 medium)	40
Cooked red lentils (1 cup)	40
Almonds (10 pieces)	35

\*Labeled as sulfite-free, typically organic, and available in health food stores.

The listed foods are examples only. Many other foods contain calcium in lower amounts