

Annas Chosen Trail

I found the Information from homepage: <https://www.healthline.com/health/crohns-disease/nutrition-guide>

* Fermented dairy substitutes such as milk, yoghurt and cheese made from soy, coconut, almond, flax or hemp

Avoid	Choose instead	Group
Flour Pasta Bread	Flour Pasta Bread	Flour Pasta Bread
Whole wheat bread	Gluten-free Bread	Flour Pasta Bread
Whole wheat pasta	Rice pasta	Flour Pasta Bread
Rye products	Rice	Flour Pasta Bread
Barley	Cornmeal	Flour Pasta Bread
	Polenta	Flour Pasta Bread
	Oatmeal	Flour Pasta Bread
Vegetables and fruits	Vegetables and fruits	Vegetables and fruits
Broccoli	Carrots	Vegetables and fruits
Apples with skin	Spinach	Vegetables and fruits
Cabbage	Applesauce	Vegetables and fruits
Cauliflower	Steamed or well-cooked vegetables	Vegetables and fruits
Artichokes	Peeled Cucumbers	Vegetables and fruits
Cherries	Bell peppers	Vegetables and fruits
Peaches	Bananas	Vegetables and fruits
Plums	Cantaloupe	Vegetables and fruits
	Squash	Vegetables and fruits
	Pumpkin	Vegetables and fruits
Meat and proteins	Meat and proteins	Meat and proteins
Red meat	Fish	Meat and proteins
Sausages	Tofu	Meat and proteins
Dark meat poultry	Eggs	Meat and proteins
	Shellfish	Meat and proteins
	Pork tenderloin	Meat and proteins
	Peanut butter	Meat and proteins
	White meat poultry	Meat and proteins
	Tofu and other soy products	Meat and proteins
Milk products	Milk products	Milk products
Butter	Almond milk	Milk products
Cream	*Milk low-fat, lactose-free	Milk products
Full-fat dairy products	*Yoghurt low-fat, lactose-free	Milk products
Margarine	*Cheese low-fat, lactose-free	Milk products
Drinkables	Drinkables	Drinkables
Alcohol	Water	Drinkables
Coffee	Sparkling water	Drinkables
Black tea	Noncaffeinated herbal tea	Drinkables
Soda		Drinkables
Wine		Drinkables
Liquor		Drinkables
Beer		Drinkables
Spices	Spices	Spices
Jalapenos	Ginger	Spices
Wasabi	Fresh herbs	Spices
Allspice	Cumin	Spices
Black pepper	Turmeric	Spices
Cayenne pepper	Chives or green onion	Spices
Chili powder	Lemmon peel	Spices
Garlic	Mustard	Spices
White, yellow or purple onions		Spices
Paprika		Spices