

Crohn's Disease/Ulcerative Colitis

Crohn's Disease and **Ulcerative Colitis** are inflammatory bowel diseases that causes swelling in the intestines. To help you make informed choices about your meals, Dining Services is here to provide all the essential information about the ingredients in the foods you eat.

You can find detailed nutritional and ingredient info for everything served in The Atrium at Eickhoff and 1855 using the **Everyday App**. This app lets you browse menu items at each station, view full ingredient lists, identify the eight most common allergens, and check nutritional details like calorie and fiber content. You can even filter items based on your allergies, such as peanuts, tree nuts, milk, eggs, soy, wheat, shellfish, and fish, since many allergens can be hidden in foods.

For those managing Crohn's disease/UC, the goals of treatment include controlling inflammation, correcting nutritional deficiencies, and relieving symptoms. Eating anti-inflammatory foods can help reduce discomfort. TCNJ's dining locations offer a variety of fiber-rich and nutrient-dense options.

Here are some great anti-inflammatory foods you can find across campus:

- **Colorful fruits and vegetables:** Fruits like cantaloupe, pink grapefruit, raspberries, strawberries, and rhubarb are rich in anti-inflammatory phytochemicals and antioxidants. Brightly colored vegetables, such as greens, red peppers, cherry tomatoes, carrots, garlic, onions, spinach, and sweet potatoes, also contain beneficial compounds. These are great picks for alleviating Crohn's symptoms.
- **Omega-3 Fatty Acids:** Omega-3 fatty acids are powerful anti-inflammatory agents found in fish, walnuts, almonds, flaxseed, canola oil, and olive oil, offering numerous health benefits.
- **Whole Grains:** Choose whole grains, fruits, and vegetables for your carbohydrates. These foods are packed with fiber, which is crucial for healthy digestion and reducing inflammation. Some better choices include whole wheat breads, pastas, and cereals.
- **Healthy Beverages:** To decrease inflammation, avoid sugary, processed drinks. Caffeinated drinks may also be a trigger for unpleasant symptoms. Instead, choose water, herbal tea, decaf green or black tea, and club soda. Staying properly hydrated will go a long way in maintaining digestive health.

Students, faculty, and staff are welcome to join our monthly Dining Services Committee meetings. You can find the schedule for dates, times, and locations [here](#).

Any student having questions about the foods served should contact : Ava Gamba, Registered Dietitian, at sdhrd@tcnj.edu, Vincent Papp, General Manager, at vincent.papp@sodexo.com.