About Us

Nutritional Therapy for IBD is a non-profit organization dedicated to improving the lives and outcomes of patients with Crohn's disease or ulcerative colitis through the use of nutrition.

Our Mission

To promote awareness of the efficacy of available nutritional therapies and to provide resources to aid in the integration of nutritional therapy into clinical practice.

Contact Us

We are interested in hearing from you. Please share your thoughts and questions at NTforIBD.org/contact

Diet is an effective and vital tool in the treatment of IBD

Stay Connected:

NTforIBD.org/subscribe
An Option for Every Patient

NUTRITIONAL THERAPY: AN OPTION FOR EVERY PATIENT

Improve Overall Health & Symptoms
- Mediterranean Diet
- Healthy Eating Steps
- Nutritional Education

Reduce Inflammation & Symptoms
- PEN
- EEN
- Therapeutic Diets

NTforIBD.org

Although ongoing research will continue to modify the approach, patients can benefit greatly by applying the information and options available today.

Education for Every Patient
Beneficial at every stage in the patient’s journey

Improve Overall Health & Symptoms
- Limits Processed Foods, Additives, and Preservatives
- Focus on Whole Foods, Food Groups, & Servings

Reduce Inflammation & Symptoms
- Limits Foods Thought to Have Deleterious Effects in IBD
- Focus on Diversity among Included Whole Foods

NTforIBD.org/patients

Patient Pathway

Coming in 2022
New platform just for patients.

Nutritional therapy options presented with an emphasis on a healthy, balanced diet