

Inflammatory Bowel Disease Resources

Organizations and Services

- Canadian Society of Intestinal Research (CSIR) www.badgut.com
CSIR is a registered non-profit organization that is dedicated to increasing public awareness, providing patient education material, and funding medical research regarding a broad range of gastrointestinal diseases and disorders. Pamphlets for inflammatory bowel disease are available online. Call 1-866-600-4875.
- Crohn's & Colitis Foundation of Canada (CCFC) www.ccfc.ca
CCFC is a national not-for-profit voluntary medical research foundation. Its mission is to find a cure for inflammatory bowel disease. The web site provides links to information for newly diagnosed IBD patients and information brochures. The "Nutrition, Diet, & Inflammatory Bowel Disease" brochure is available at www.ccfc.ca/English/info/brochures/FoodForThought2008.pdf
Call 1-800-387-1479.
- Crohn's & Colitis Foundation of America (CCFA) www.ccfa.org
This web site provides support for IBD patients by offering several informative fact sheets on diet, health, and Crohn's and colitis. Of special interest is the Diet and Nutrition section at www.ccfa.org/info/diet?LMI=2.5
- Mayo Clinic www.mayoclinic.com. This web site contains a comprehensive fact sheets on Crohn's Disease and Ulcerative Colitis.
- National Digestive Diseases Information Clearinghouse (NDDIC) www.digestive.niddk.nih.gov

Books and Cookbooks

- Crohn's and Colitis Diet Guide: Includes 150 recipes, by Dr. A. Hillary Steinhart and Julie Cepo, 2008.
- What to Eat with IBD: A Comprehensive Nutrition and Recipe Guide for Crohn's Disease and Ulcerative Colitis by Tracie M Dalessandro, 2006

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- Crohn's & Colitis: Understanding and Managing IBD by Dr. A. Hillary Steinhart, 2006



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