



# Chron's Disease

Crohn's disease is an inflammatory bowel disease, the general name for diseases that cause swelling in the intestines. Dining Services has taken important steps to inform you of the ingredients in the foods you eat. All nutritional & ingredient information for foods served in The Atrium at Eickhoff can be found by using one of two nutritional kiosks in the dining hall. Common allergens, including peanuts, tree nuts, milk, eggs, soybean, wheat, crustacean shellfish, and fish are also found on these kiosks, as many common allergens are hidden in food.

Additionally, most offerings from our dining menus can be viewed using our Nutritional Calculator, which is located on the Dining Services website, [tcnj.sodexomyway.com](http://tcnj.sodexomyway.com). This is a tool which will help you identify the eight most common allergens, as well as nutritional information such as calorie and fiber content. The goals of treatment are to control inflammation, correct deficiencies, and relieve symptoms. Those with Crohn's disease should consider eating anti-inflammatory foods to reduce symptoms. By reducing inflammation through diet, a person can get some relief. Anti-inflammatory foods are fiber and nutrient rich and can be found at TCNJ's dining locations. Below is a list of some of the better choices of anti-inflammatory foods that you can find in dining locations across campus:

- Fruits such as cantaloupe, pink grapefruit, raspberries, strawberries, and rhubarb. These fruits are full of anti-inflammatory phytochemicals and antioxidants, especially good choices to reduce Crohn's disease symptoms.
- Omega-3 Fatty Acids - Omega-3 fatty acids are powerful anti-inflammatory agents that have far reaching health benefits. Foods rich in these fatty acids are fish, walnuts, almonds, flaxseed, canola oil, and olive oil.
- Whole Grains - Choose to obtain your carbohydrate requirements from whole grains, vegetables, and fruits. These foods are packed with fiber, which is key to healthy bowel function and the reduction of inflammation. Some better choices include whole wheat bread, Bran Flakes, Optimum Power and Total cereals.
- Brightly colored fruits and vegetables - Studies show that color pigments of fruits often contain anti-inflammatory characteristics. The skins of apples and red onions have a component known for its healing effects. Choose bright greens, red peppers, cherry tomatoes, carrots, garlic, onions, spinach, and sweet potatoes.
- Healthy beverages - To decrease inflammation, avoid sugary, processed drinks. Instead, choose water, herbal tea, green tea, black tea, and club soda. Staying properly hydrated will go a long way in maintaining digestive health.

Students, faculty & staff can join us at our bi-weekly Dining Services Committee meetings. Our meeting dates, times & locations are listed [here](#).

Any student having questions about the foods served should contact : **Anne Sugrue**, Registered Dietitian, at [sdhrd@tcnj.edu](mailto:sdhrd@tcnj.edu), **Ronald Pritchard**, Director of Operations: Residential Dining & Catering, at [ronald.pritchard@sodexo.com](mailto:ronald.pritchard@sodexo.com) or **Keith Murray**, General Manager, at [keith.murray@sodexo.com](mailto:keith.murray@sodexo.com).



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