
Health Hints

Cooking Exciting Food Is Possible Despite Digestive Disease

(NAPSA)—Whether it's enjoying a family dinner every night or hosting a holiday dinner party, good food unites family and friends. But for those who live with Crohn's disease, eating can have painful consequences.

Crohn's disease is a serious, chronic inflammatory disease of the gastrointestinal tract that can cause stomach pain and diarrhea. Though the disease may occur in people of all ages, it primarily affects adolescents and young adults, mainly those between 15 and 35. Although diet doesn't cause Crohn's disease, people with Crohn's often find certain foods can worsen their symptoms.

Cookbook author Brenda Roscher says one of the first things she asked when diagnosed with Crohn's was "What can I eat?" After experimenting in the kitchen, Roscher learned that despite some limitations, it was still possible for her to enjoy eating and to prepare tasty meals for her family and friends.

"While each person is different, I've found I can eat some of the foods I used to avoid by simply preparing them differently," says Roscher. "For example, if your family likes fish sticks but you avoid fried food, try making your own in the oven with fresh fish filets and breadcrumbs."

In a cookbook Roscher created for people with digestive diseases, she suggests they keep a food diary to track the foods they eat each day, including how it's prepared, to determine what aggravates their symptoms.

Visit www.CrohnsOnline.com for access to information about Crohn's disease and to sign up to receive a free copy of Brenda Roscher's cookbook, including recipes such as Herbed Pork Loin with Roasted Vegetables. (T)

"You may have to avoid some foods, but don't be afraid to try different food preparation techniques as well," says Roscher.

Eating healthy foods can ensure proper nutrition, but it's also crucial for people with Crohn's to work with their physician to create a treatment plan that works for them.

Crohn's patient Stacia Gibson once limited her diet to include only certain foods. "I limited myself to bland foods, but then I worked with my doctor to find the right treatment for me."

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