

1. High Fiber Diet

Fruits, vegetables, beans and nuts make symptoms worse during a flare-up, but when you are in remission, eating a fiber-rich diet can lower inflammation, said Dr. Steven Masley, president and medical director of Masley Optimal Health Center in St. Petersburg, Florida. Aim for 30grams a day and experiment with different types of vegetables, fruits, beans and grains.

2. Lean Protein & Lamb

Aim for 4 ounce of protein at lunch and dinner from chicken, fish, beef or eggs. Baked or broiled is best because fried foods are full of saturated fats.

3. Spices

Curcumin, Turmeric and Curry are antioxidant-rich and anti-inflammatory, so try adding them to your meals.

4. Fermented Foods

"The natural fermentation produces probiotics, which are the beneficial bacteria that we know, can help with Crohns Disease," Zibdeh said. Kimichi and sauerkraut are good choices but check the labels to make sure there are no added chemical ingredients.

5. Nuts & Seed Butters

Nuts and seeds might make your symptoms worse, but almond and sunflower seed butter has healthy monounsaturated fats as well as magnesium.

6. Yogurt

If you can tolerate cow's milk, try yogurt with probiotics or lactose-free yogurt because it doesn't have sugar, which can make symptoms worse.

7. Grass-fed Butter

Grass-fed butter contains short-chain fatty acids, which can help to promote healthy gut bacteria and reduce inflammation. Be

sure to eat it in moderation, though.

8. Salmon

It's not only a protein powerhouse; salmon also has Omega-3 fatty acids which help lower inflammation.

9. Zinc-rich foods

If you're deficient in Zinc try adding oyster, beef dark meat, chicken, crag, lobster or pork chops to your diet.

10. Gluten-free Foods

Although avoiding gluten can eliminate bloating, "there's no evidence that it's anti-inflammatory," Rubin, a spokesperson for Chohn's and Colitis Foundation of America, said. Nevertheless, if wheat worsens your symptoms, choose white rice or white and sweet potatoes instead.