

# IBD Newsletter

PENN STATE INFLAMMATORY BOWEL DISEASE CENTER

[hmc.PennStateHealth.org/ibd](http://hmc.PennStateHealth.org/ibd)

**IBD Direct Line 717-531-3998**

## Welcome New IBD Care Provider!

### Kristin Amicone, PA-C



Kristin Amicone, PA-C, physician assistant and registered dietitian, joined the Penn State IBD Center in 2016 bringing with her a new nutritional

support service for IBD patients. In this new role, Kristin is solely dedicated to the Center, seeing new IBD patients, as well as patients in follow-up and post-surgery. She provides specialized guidance and education for patients having difficulty gaining weight and those who are at high-risk for nutritional deficiency. In addition to dietary education, Kristin is also experienced in critical care.

Prior to joining the IBD team, she worked in emergency medicine and bariatric surgery. Kristin earned a Bachelor of Science in nutrition and dietetics from West Chester University, followed by her master's degree in physician assistant studies from the Philadelphia College of Osteopathic Medicine. Her clinical interests include alternative and complementary therapies, nutrition research and integrative medicine.

Kristin lives in Lititz, Pennsylvania. She is an avid reader, gardener and Lego builder extraordinaire.

## Nutrition

*Having trouble tolerating fruits and vegetables? Enjoy these healthy options to beat the summer heat*

Fresh whole fruits and vegetables can be difficult to digest for some individuals with IBD. Here are some creative ways to add them to your diet, and enjoy them:

- **Wake-up to fruit.** Make a habit of adding pureed or finely chopped fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
- **Get saucy.** Puree apples, berries, peaches or pears in a blender or food processor for a thick, sweet sauce. Add to grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
- **Shred it.** Add grated, shredded or chopped vegetables, such as zucchini, spinach and carrots, to lasagna, meat loaf, mashed potatoes, pasta sauce, soups and rice dishes. Sometimes breaking down the cellulose—the fibrous part—in vegetables makes them more tolerable.
- **Dip it.** Dip pita wedges in hummus with pureed vegetables. Or, dip tortilla chips in salsa, finely chopped strawberries or applesauce. Try graham crackers in applesauce.
- **Drink it.** Blend a breakfast smoothie made with milk, frozen strawberries and a banana. Add peanut butter or protein powder for extra protein. If you're brave, add chopped kale or carrots!



