

Appendix i: Google search for “Crohn’s disease diet”

Hit #	Website	Rec MD/ dietician evaluation
1	http://www.webmd.com/ibd-crohns-disease/crohns-disease/creating-a-crohns-disease-diet-plan	Y
2	http://www.health.com/health/gallery/0,,20559874,00.html	N
3	http://www.crohnsandme.com/living-with-crohns-disease/crohns-disease-diets.aspx	Y
4	http://www.mayoclinic.com/health/crohns-disease/DS00104/DSECTION=lifestyle-and-home-remedies	Y
5	http://www.cdfa.org/what-are-crohns-and-colitis/what-is-crohns-disease/	Y
6	http://www.medicinenet.com/crohns_disease/article.htm	N
7	http://www.everydayhealth.com/crohns-diet-pictures/joy-bauer-best-foods-for-crohns-disease.aspx	Y
8	http://en.wikipedia.org/wiki/Crohn%27s_disease	N
9	http://www.livingwithcrohnsdisease.com/livingwithcrohnsdisease/life_with_crohns/diet_nutrition.html	Y
10	http://www.emedicinehealth.com/diet_and_nutrition_in_crohn_disease/article_em.htm	Y
11	http://digestive.niddk.nih.gov/ddiseases/pubs/crohns/#treatment	Y
12	http://www.nlm.nih.gov/medlineplus/crohnsdisease.html	Y
13	http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2777086/	Y
14	http://www.huffingtonpost.com/2011/06/18/crohns-disease-diet_n_879593.html	Y
15	http://colitis.emedtv.com/crohn%27s-disease/crohn%27s-disease-diet.html	Y
16	http://health.nytimes.com/health/guides/disease/crohns-disease/treatment.html	Y
17	http://www.webmd.com/ibd-crohns-disease/crohns-disease/default.htm	Y
18	http://www.umm.edu/altmed/articles/crohns-disease-000043.htm	Y
19	http://www.rush.edu/rumc/page-1245962469737.html	Y
20	http://www.amazon.com/Crohns-Disease-Diet-Cookbook-ebook/dp/B0058ORM1I	N
21	http://mysite.verizon.net/vzetb4n6/crohnsdiseasesuccesswithdietandprobiotics/	Y
22	http://uvahealth.com/services/digestive-health/images-and-docs/ibdcrohns.pdf	Y

23	http://www.drweil.com/drw/u/ART00339/Crohns-Disease.html	N
24	http://happy-tummy.org/journal/crohns-disease-diet-go-paleo/	N
25	http://www.crohnsdiseasecauses.net/crohns-disease-diet-knowing-the-right-food/	N
26	http://www.3fatchicks.com/crohns-disease-diet-restrictions/	Y
27	http://clinicaltrials.gov/show/NCT00343642	N
28	http://www.drmcDougall.com/med_colitis2.html	N
29	http://www.scdrecipe.com/	Y
30	http://spryliving.com/articles/crohns-disease-diet/	Y

Appendix ii: Bing search for “Crohn’s disease diet”

Hit #	Website	Rec MD/ dietician evaluation
1*	http://www.webmd.com/ibd-crohns-disease/crohns-disease/creating-a-crohns-disease-diet-plan	n/a
2*	http://colitis.emedtv.com/crohn's-disease/crohn's-disease-diet.html	n/a
3	http://www.crohns-disease-probiotics.com/crohns-disease-diet.html	Y
4	http://www.livestrong.com/article/273697-diet-plan-for-crohns-disease/	Y
5	http://www.crohnsdiet.com/	Y
6	http://www.webmd.com/ibd-crohns-disease/cd-biologics-10/cd-diet-and-nutrition	Y
7*	http://www.webmd.com/ibd-crohns-disease/crohns-disease/creating-a-crohns-disease-diet-plan	n/a
8	http://www.crohsonline.com/living-with-crohns/crohns-diet.aspx	Y
9	http://www.livestrong.com/article/299510-diet-for-crohns-disease/	N
10	http://www.cdfa.org/resources/diet-and-nutrition-1.html	Y
11*	http://www.everydayhealth.com/crohns-diet-pictures/joy-bauer-best-foods-for-crohns-disease.aspx	n/a
12	http://www.ehow.com/way_5297066_crohns-disease-diet.html	Y
13	http://www.drdahlman.com/crohns-disease-diet.shtml	N
14*	http://www.crohnsandme.com/living-with-crohns-disease/crohns-disease-diets.aspx	n/a
15	http://www.ehow.com/way_5135958_foods-crohns-disease.html	Y
16	http://www.serovera.com/crohns-diet/	Y
17	http://www.everydayhealth.com/crohns-disease/crohns-disease-diet.aspx	Y
18*	http://www.livingwithcrohnsdisease.com/livingwithcrohnsdisease/life_with_crohns/diet_nutrition.html	n/a
19	http://crohnsdiseasediet.com/	Y
20*	http://digestive.niddk.nih.gov/ddiseases/pubs/crohns/	n/a
21	http://www.cdfa.org/resources/diet-and-nutrition-1.html	Y
22*	http://www.medicinenet.com/crohns_disease/article.htm	n/a
23*	http://www.mayoclinic.com/health/crohns-disease/DS00104/DSECTION=lifestyle-and-	n/a

home-remedies

24	http://www.diet.com/store/facts/crohns-disease	Y
25*	http://www.emedicinehealth.com/diet_and_nutrition_in_crohn_disease/article_em.htm	n/a
26	http://www.buzzle.com/articles/crohns-disease-diet.html	N
27*	http://www.ccfa.org/resources/diet-and-nutrition-1.html	n/a
28*	http://www.buzzle.com/articles/crohns-diet.html	n/a
29*	http://www.diet.com/store/facts/crohns-disease	n/a
30	http://www.dietsinreview.com/diets/crohns-disease-diet/	Y

*Excluded due to repeat

Appendix iii: Google search for “Ulcerative colitis diet”

Hit #	Website	Rec MD/dietician evaluation
1	http://www.webmd.com/ibd-crohns-disease/ulcerative-colitis/creating-an-ulcerative-colitis-plan	Y
2	http://www.mayoclinic.com/health/ulcerative-colitis/DS00598/DSECTION=lifestyle-and-home-remedies	Y
3	http://www.health.com/health/gallery/0,,20500615,00.html	N
4	http://www.cdfa.org/living-with-crohns-colitis/	Y
5	http://ulcerativecolitisdiets.net/	N
6	http://drbenkim.com/articles-ulcerative-colitis-diet.htm	N
7	http://www.everydayhealth.com/health-report/ulcerative-colitis/ulcerative-colitis-diet-tips.aspx	Y
8	http://www.medicinenet.com/ulcerative_colitis_diet/article.htm	Y
9	http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1774255/	N
10	http://www.colitiscookbook.com/	N
11	http://www.thehealthyhomeeconomist.com/the-gaps-diet-heals-ulcerative-colitis/	N
12	http://www.ihaveuc.com/	N
13	http://www.ihaveuc.com/the-diet/	N
14	http://www.youtube.com/watch?v=e31bOsHfRpk	N
15	http://www.webmd.com/ibd-crohns-disease/ulcerative-colitis-diet-9/default.htm	Y
16	http://colitis.emedtv.com/ulcerative-colitis/ulcerative-colitis-diet.html	Y
17	http://www.drmcDougall.com/stars/andrew_neuman.htm	N
18	http://www.livingwithuc.com/livingwithuc/life_with_uc/eat_smart.html	Y
19	http://www.nytimes.com/ref/health/healthguide/esn-ulcerativecolitis-expert.html	N
20	http://voices.yahoo.com/the-perfect-diet-ulcerative-colitis-1423577.html	Y
21	http://altmedicine.about.com/od/digestivedisorders/a/Colitis_Remeddy_2.htm	N
22	http://www.emedicinehealth.com/ulcerative_colitis/page8_em.htm	Y
23	http://www.drweil.com/drw/u/ART03123/Ulcerative-Colitis-Inflammatory-Bowel-Disease.html	N

24	http://en.wikipedia.org/wiki/Ulcerative_colitis	N
25	http://www.facebook.com/pages/Ulcerative-Colitis-Diet/276829689066630	N
26	http://www.jacksongi.com/diet/ulcerative-colitis	Y
27	http://www.webmd.com/ibd-crohns-disease/ulcerative-colitis-10/slideshow-diet-tips	Y
28	http://health.usnews.com/health-conditions/digestive-disorders/ulcerative-colitis/managing	N
29	http://www.normalbreathing.com/crohns-ulcerative-colitis-diet.php#.UT80zDd4ySo	N
30	http://www.rush.edu/rumc/page-1245962469737.html	Y

Appendix iv: Bing search for "Ulcerative colitis diet"

Hit #	Website	Rec MD/ dietician evaluation
1*	http://www.webmd.com/ibd-crohns-disease/ulcerative-colitis/creating-an-ulcerative-colitis-plan	n/a
2*	http://www.mayoclinic.com/health/ulcerative-colitis/ds00598/dsection=lifestyle-and-home-remedies	n/a
3*	http://colitis.emedtv.com/ulcerative-colitis/ulcerative-colitis-diet.html	n/a
4	http://www.livestrong.com/article/203426-ulcerative-colitis-diet-foods/	N
5	http://www.ehow.com/list_7358462_ulcerative-colitis-foods.html	N
6	http://www.serovera.com/colitis-diet/	Y
7	http://en.wikipedia.org/wiki/Ulcerative_colitis	N
8	http://colitispainfreefoods.com/	N
9	http://www.livestrong.com/article/29505-ulcerative-colitis-diet/	N
10	http://www.cdfa.org/living-with-crohns-colitis/	N
11	http://www.drdaelman.com/ulcerative-colitis-diet.shtml	N
12	http://www.ulcerativecolitis.net/colitis-diet/	Y
13	http://www.medicinenet.com/ulcerative_colitis/index.htm	Y
14	http://www.mayoclinic.com/health/ulcerative-colitis/DS00598/METHOD=print&DSECTION=all	Y
15	http://www.medicinenet.com/ulcerative_colitis_diet/page3.htm	Y
16	http://colitisdiet.ihaveuc.com/	N
17	http://www.amazon.com/s?ie=UTF8&page=1&rh=n%3A283155%2Ck%3Aulcerative%20colitis%20diet	N
18	http://www.everydayhealth.com/ulcerative-colitis/ulcerative-colitis-and-diet.aspx	Y
19	http://www.ulcerative-colitisdiet.com/	N
20	http://www.answers.com/topic/ulcerative-colitis	N
21	http://www.dietulcerativecolitis.net/	N
22	http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001296/	Y

23	http://www.cdfa.org/what-are-crohns-and-colitis/what-is-ulcerative-colitis/	N
24*	http://www.health.com/health/gallery/0,,20500615,00.html	n/a
25*	http://www.livingwithuc.com/livingwithuc/life_with_uc/eat_smart.html	n/a
26	http://www.buzzle.com/articles/diet-for-ulcerative-colitis.html	N
27	http://www.emedicinehealth.com/ulcerative_colitis/article_em.htm	N
28	http://www.umm.edu/patiented/articles/what_role_of_diet_ulcerative_colitis_000069_7.htm	N
29	http://www.nlm.nih.gov/medlineplus/ulcerativecolitis.html	N
30	http://www.amazon.com/s?ie=UTF8&page=1&rh=n%3A283155%2Ck%3Aulcerative%20colitis	N

*Excluded due to repeat