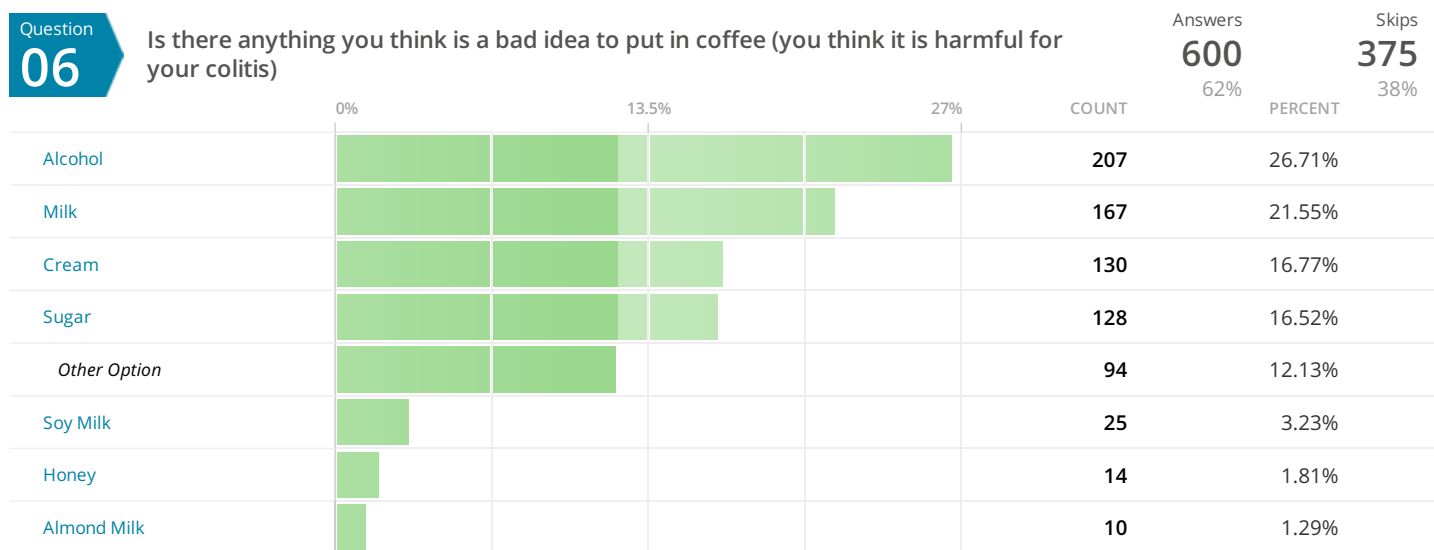


Coffee and Colitis Survey

Result Details



Other Responses

Answers
94

- Milk causes me to have a flare

146,497,423

Thursday, Jan 21st 6:42PM
- I have always had a lactose issue so for me it's no milk, but that may not be a trigger for others.

146,357,529

Tuesday, Jan 19th 9:12PM
- Cyanide?

146,354,891

Tuesday, Jan 19th 7:50PM
- I avoid anything with guar gum/carageenan/weird thickeners. I use organic half and half that is just cream and milk.

146,329,410

Tuesday, Jan 19th 12:00PM
- Coffee

146,291,393

Tuesday, Jan 19th 1:26AM
- everything is bad other than just black for me

146,288,850

Tuesday, Jan 19th 12:24AM
- not sure

146,280,818

Monday, Jan 18th 10:24PM
- unknown

146,272,789

Monday, Jan 18th 8:26PM
- Define "sugar." Refined?

146,265,044






















Monday, Jan 18th 6:58PM
- All of the above






















146,259,312





















Monday, Jan 18th 5:13PM
- Artificial sweetener

146,258,295

Monday, Jan 18th 4:55PM

 146,256,080	wish I knew	Monday, Jan 18th 4:09PM
 146,255,916	Coffee mate states gluten free , but probobaly has other preservative/ other bad stuff - so I'm not perfect about 3 times a week	Monday, Jan 18th 3:54PM
 146,251,854	nothing	Monday, Jan 18th 2:50PM
 146,244,498	No	Monday, Jan 18th 1:48PM
 146,171,762	Non dairy cola ores creamer	Monday, Jan 18th 11:35AM
 146,166,841	Powder creamer and fake sugar	Monday, Jan 18th 10:39AM
 146,164,691	Non	Monday, Jan 18th 10:22AM
 146,156,444	All of the above except for homemade almond or coconut milk	Monday, Jan 18th 8:49AM
 146,155,678	No	Monday, Jan 18th 8:36AM
 146,154,967	Extra Fiber anything	Monday, Jan 18th 8:14AM
 146,154,877	cream and sweetener	Monday, Jan 18th 8:15AM
 146,154,582	nothing	Monday, Jan 18th 8:12AM
 146,151,320	Maybe	Monday, Jan 18th 6:53AM
 146,150,201	Not that i have found	Monday, Jan 18th 6:27AM
 146,148,974	Dont know	Monday, Jan 18th 5:53AM
 146,148,293	Dairy, soy, alcohol - although I drink quite a lot of red wine (and only red wine) and I am doing fine!	Monday, Jan 18th 5:32AM
 146,146,815	Most of the listed items, except honey	Monday, Jan 18th 4:53AM
 146,145,607	No	Sunday, Jan 17th 11:37PM
 146,145,160	I stay away from dairy and sugar (I'm on the SCD diet)	Monday, Jan 18th 3:57AM
 146,140,870	nothing	Monday, Jan 18th 1:18AM
 146,139,574	No	Monday, Jan 18th 12:42AM

 146,138,980	Only almond milk and honey is allowed. The rest r harmful.	Monday, Jan 18th 12:19AM
 146,138,678	Creamers.	Monday, Jan 18th 12:12AM
 146,138,399	milk, cream, almond milk allergic to them all.	Sunday, Jan 17th 11:44PM
 146,137,583	Non fat dairy creamer or half and half or the powder fake sh*t for any of the aforementioned.	Sunday, Jan 17th 11:36PM
 146,136,710	Drink it black	Sunday, Jan 17th 11:11PM
 146,135,865	Doesn't matter	Sunday, Jan 17th 10:48PM
 146,134,281	Another unknown	Sunday, Jan 17th 9:58PM
 146,133,952	all but honey	Sunday, Jan 17th 9:50PM
 146,133,471	Xylitol or sorbitol	Sunday, Jan 17th 9:34PM
 146,133,089	No	Sunday, Jan 17th 9:28PM
 146,132,649	None	Sunday, Jan 17th 9:15PM
 146,132,615	Milk causes inflammation I avoid it.	Sunday, Jan 17th 9:10PM
 146,132,380	No sugar or milk with lactose	Sunday, Jan 17th 9:05PM
 146,132,294	Flavored coffee creamer	Sunday, Jan 17th 9:06PM
 146,132,034	not so much putting in my coffee, but having more than one cup.	Sunday, Jan 17th 8:54PM
 146,131,807	Sugar is also a trigger for me, so I avoid it as well as honey.	Sunday, Jan 17th 8:43PM
 146,130,874	Never starbucks	Sunday, Jan 17th 8:19PM
 146,130,338	flavored mild	Sunday, Jan 17th 8:14PM
 146,129,751	Anything not SCD legal...	Sunday, Jan 17th 7:55PM
 146,128,221	artificial sweeteners	Sunday, Jan 17th 7:14PM
 146,128,221	White sugar	Sunday, Jan 17th 7:11PM

146,128,205			
146,128,091		If I'm not at home where nothing else is available, sugar, commercial creamer.	Sunday, Jan 17th 7:10PM
146,127,678		Soy, milk, coffee mate creamers, splenda	Sunday, Jan 17th 6:58PM
146,126,916		Ddrinking coffee with UC is a bad idea, especially during a flare!	Sunday, Jan 17th 6:50PM
146,126,686		I try to use non dairy powder	Sunday, Jan 17th 6:41PM
146,126,683		Flavored creamers	Sunday, Jan 17th 6:45PM
146,126,471		Anything that has carraggeenan	Sunday, Jan 17th 6:37PM
146,126,215		Not sure	Sunday, Jan 17th 6:34PM
146,126,180		i think every case is different. for me i can still drink milk with no problems.	Sunday, Jan 17th 6:25PM
146,126,147		I don't drink any milk products anymore	Sunday, Jan 17th 6:31PM
146,126,065		Nothing	Sunday, Jan 17th 6:29PM
146,125,522		Maybe milk or cream but not sure	Sunday, Jan 17th 6:18PM
		Milk, Cream and Sugar	Sunday, Jan 17th 5:35PM
14  52		Any dairy or alcohol	Sunday, Jan 17th 5:36PM
146,123,515			
146,123,256		Dairy gives me alot of bloating gas and cramping	Sunday, Jan 17th 5:29PM
146,122,400		Any dairy product! Very inflammatory for me (and many people!!)	Sunday, Jan 17th 5:15PM
146,122,140		not giving up anything	Sunday, Jan 17th 5:12PM
146,121,964		nothing	Sunday, Jan 17th 5:07PM
146,120,796		All of the above except honey	Sunday, Jan 17th 4:46PM
146,119,998		milk, cream, sugar, soy milk	Sunday, Jan 17th 4:33PM
146,119,730		Sugar	Sunday, Jan 17th 4:29PM
		Don't know.	Sunday, Jan 17th

146,119,640		4:25PM
146,119,333	N/A	Sunday, Jan 17th 4:21PM
146,119,153	Milk, cream, alcohol, sugar	Sunday, Jan 17th 4:10PM
146,118,395	Milk products are not great when having a flareup so I would stick to an alternative like soy milk or almond milk... Sugar is also bad for inflammation, so if you are looking for a sweetener, stick to agave or honey.	Sunday, Jan 17th 3:56PM
146,118,350	And cream	Sunday, Jan 17th 4:00PM
146,118,328	Coffeemate creamer	Sunday, Jan 17th 3:59PM
146,118,133	All of the above	Sunday, Jan 17th 3:55PM
146,118,004	And alcohol	Sunday, Jan 17th 3:51PM
146,117,765	cow's milk -- avoid it in ice cream, cheese etc.	Sunday, Jan 17th 3:46PM
146,117,680	No dairy, sugar,soy,honey or alcohol and no caffeine. Use decaf.	Sunday, Jan 17th 3:36PM
146,117,293	N/a	Sunday, Jan 17th 3:35PM
146,117,192	Do not use anything with my coffee.	Sunday, Jan 17th 3:31PM
146,116,677	And sugar	Sunday, Jan 17th 3:23PM
146,116,502	milk, cream and alcohol	Sunday, Jan 17th 3:17PM
146,116,220	Not sure	Sunday, Jan 17th 3:12PM
146,116,215	too much of everything	Sunday, Jan 17th 3:13PM
146,116,099	milk also	Sunday, Jan 17th 3:10PM
146,116,023	Caffeine	Sunday, Jan 17th 3:10PM
146,115,896	All of the above but soy or almond milk	Sunday, Jan 17th 3:06PM
146,115,888	Caffeine	Sunday, Jan 17th 3:07PM
146,115,783	Milk cream and sugar	Sunday, Jan 17th 3:05PM

