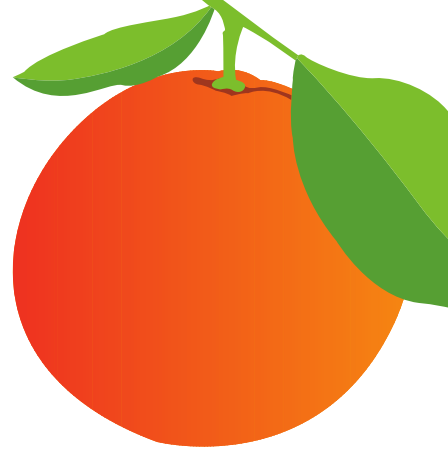


IBS Diet Sheet

10 Simple Tips

EA Stewart, Spicy RD Nutrition



1. Eliminate or minimize potentially high-gas forming foods such as cauliflower, cabbage, beans, and carbonated beverages.
2. Avoid chewing gum or drinking liquids through a straw, both of which can lead to swallowing air, and causing more gas. No fun!
3. Minimize fried food, or other fatty foods which may slow down digestion.
4. Avoid large meals and consume smaller, more frequent meals instead. Note: This strategy may work for some, but not everyone, especially if small intestinal bacterial overgrowth {SIBO} is present.
5. Minimize foods high in lactose such as milk, ice cream, and soft cheeses, especially if lactose intolerance is suspected. Hard cheeses, lactose-free milk/ice cream/yogurt or kefir, which tend to be lower in lactose than other dairy products, may be better tolerated.
6. Drink adequate fluids to help alleviate constipation.
7. Avoid or minimize alcohol and caffeine, especially if diarrhea is present, as both substances can stimulate the intestines. In addition, alcohol may lead to changes in intestinal permeability, sometimes referred to as leaky gut syndrome, which may exacerbate symptoms of IBS.
8. Stay away from artificial sweeteners that contain sugar alcohols such as sorbitol, mannitol, and xylitol, and which may also cause diarrhea.
9. Consume foods rich in soluble fiber such as oatmeal, oat bran, oranges, strawberries, nuts, and carrots. Note: Although foods rich in soluble fiber may help IBS symptoms, foods high in insoluble fiber, such as whole wheat, wheat bran, raisins, and corn bran may further aggravate IBS symptoms in some people.
10. Probiotics, fiber supplements, peppermint oil, & other supplements may help also help. There is no "one size fits all" when it comes to supplementation, so be sure and check with your physician, dietitian or health care provider for recommendations.

If you've tried all these simple IBS diet tips, & you're still experiencing digestive discomfort, you may benefit from a Low FODMAP diet, a customized elimination diet, or another diet, supplements, or lab testing. Get in touch with me to learn more, or schedule a consult. I would love to work with you!