

Nutrition “Basics” to Help with IBS

Foods below *may* tend to trigger IBS and you may want to eliminate/ limit them from your diet. (remember: everyone is different!)

High fat foods (*which most of these are*)

Red Meat (*Beef, Pork, Lamb, etc.*)

Poultry Dark Meat and Skin

Dairy Products

Fried Foods

Shortening, Butter, Fats, Omega 6 oils

Chocolate

Coffee, Regular and Decaffeinated

Alcohol

Carbonated Beverages

Artificial Sweeteners and Fats

Increase your intake of soluble fiber (*soothes the gut*). These are okay to eat on an empty stomach. *Examples: oat bran, oatmeal, rice, quinoa, potatoes, yams, squash, rutabaga, beets, carrots, parsnips, bananas, mangos, papaya, applesauce.*

Nuts, beans, and lentils are also good sources of soluble fiber but should be treated with care, as nuts are high in fat and both lentils and beans contain some insoluble fiber.

Insoluble fiber (*may irritate the gut*)– *don't ever eat on an empty stomach; limit amount!*

Wheat breads, whole beans, granola, popcorn, wheat bran. Don't eat RAW fruits or vegetables with skin or hulls.

Example: blueberries, cherries, apples, grapes, peas, corn, bell peppers, celery, eggplant, onions.

~To incorporate raw fruits and veggies into your diet, peel and eat in small quantities. It should also help to eat them towards the end of a meal. *This is especially important when it comes to green salads.* Eating raw veggies at the beginning of a meal on an empty stomach is likely to trigger an attack. Eat veggies near the end of the meal for optimal tolerance. Even better toss them in a smoothie (spinach, berries!)

Be careful with acidic fruits and vegetables. *Example: citrus juice and cooked tomatoes need to be mixed with soluble fiber foods.*

Garlic, onions, leeks, broccoli, cauliflower, cabbage, and Brussels sprouts, though among the most nutrient-packed of all vegetables, can also pose problems. In addition to their high amounts of insoluble fiber, all contain sulfur compounds, which produces gas in the GI tract and can thus trigger attacks.

As with other vegetables, cook these until tender, combine them with soluble fiber, and don't eat them when your stomach is completely empty – but do make sure and eat them.

Stress management is often the key in controlling IBS symptoms. Whether it is yoga, tai chi, private counseling, or your own method to relax...search out what it right for you! What are 3 things you could start doing now?

- 1.
- 2.
- 3.

Additional Tips:

1. **Properly digest your food:** Eat slowly, chew food well, and take small bits. Eat while relaxed in order to aid digestion, and go for a light walk after meals.

(consider digestive enzyme if indicated)

2. **Maintain regularity.** Promote bowel regularity by hydrating sufficiently with water, allowing adequate time to go to the bathroom, and exercising.

3. **Don't Gorge or Graze:** Eat regular meals every 3-4 hours. Large meals can lead to bloating and diarrhea. Yet grazing can cause problems too. Often IBS sufferers have a problem keeping their gut "clean" because their migrating motor complex (MMC) produces fewer waves than those in the normal individuals. If you snack every 2 hours, the MMC doesn't get a chance to clean out your intestines, possibly resulting in small intestinal bacterial overgrowth, linked with IBS.

4. **Peppermint or fennel tea** has shown to help alleviate symptoms for some individuals. *(*Also essential oils rubbed on the tummy)*

5. **Consider the FODMAPS approach, only** if you are unable to get relief with basic IBS guidelines.

6. **Take an appropriate high quality strain of probiotic best for YOUR situation.** They are not all created equal! - see Julie for list of suggestions.

7. **Focus on consuming whole foods rather than processed**

- Consider eating organic produce *(if not already)* highest in pesticides
(see list of Dirty Dozen)

- Limit added sugar / day to less than 6 tsp or 24 grams per day!