

# IBS (IRRITABLE BOWEL SYNDROME)

## Food List

### IBS (IF)

#### 10 EASY YOU

Managing Irritable Bowel Syndrome (IBS) is a challenge, but following these 10 easy tips can help you manage your symptoms and improve your quality of life.

- 1. Monitor Your Diet:** Identify and avoid trigger foods like caffeine, alcohol, and artificial sweeteners that worsen symptoms.
- 2. Eat Smaller, Frequent Meals:** Large meals can help reduce bloating and discomfort.
- 3. Increase Fiber Intake Gradually:** Fiber can help with constipation, but too much too fast can worsen symptoms like gas and bloating.
- 4. Stay Hydrated:** Drinking plenty of water helps with constipation, a common issue for people with IBS.
- 5. Manage Stress:** Stress can significantly impact gut health. Try mindfulness, meditation, yoga, or deep breathing exercises.
- 6. Exercise Regularly:** Regular physical activity stimulates the digestive system. Aim for 30 minutes of moderate exercise most days of the week.
- 7. Consider Probiotics:** Probiotics may help with IBS symptoms. Consult with a healthcare provider to find the right one for you.
- 8. Avoid Eating Late at Night:** Eating right before bed can lead to discomfort. Try to finish eating at least 2-3 hours before you go to bed.
- 9. Be Cautious with Medication:** Some medications can affect the digestive system. Always consult your healthcare provider before starting any new medication.
- 10. Seek Professional Support:** If your IBS symptoms are severe or persistent, consult a healthcare professional for personalized advice.

Managing Irritable Bowel Syndrome (IBS) is a challenge, but following these 10 easy tips can help you manage your symptoms and improve your quality of life.



### MORE

#### LOW-FOODMAP FOODS

- Certain Fruits: Bananas, Blueberries, Strawberries, Grapes, Apples
- Certain Vegetables: Carrots, Spinach, Avocado, Bell Peppers, Potatoes
- Grains: Rice, Pasta, Quinoa (Moderation)



#### SOLUBLE FIBER

- Oats
- Apples
- Bananas
- White Rice
- Flax Seeds
- Certain Fruits: Pears, Grapes, Berries
- Certain Vegetables: Carrots, Potatoes, Spinach, Squash



#### LEAN PROTEINS

- Chicken
- Turkey
- Eggs
- Beans
- Fish: Especially Salmon
- Lean Cuts of Beef
- Pork



#### PROBIOTIC-RICH FOODS

- Non-Dairy Yogurt
- Kefir
- Sauerkraut
- Kimchi
- Miso
- Kombucha
- Pickles (Fermented)
- Fermented Soybeans
- Sourdough Bread



#### HERBS + SPICES

- Ginger
- Turmeric
- Peppermint
- Fennel
- Basil
- Rosemary
- Thyme
- Sage
- Parsley



#### ANTI-INFLAMMATORY FOODS

- Omega-3 Rich Foods: Salmon, Mackerel, Sardines, Flaxseeds, Chia Seeds, Walnuts
- Berries: Blueberries, Raspberries, Blackberries
- Leafy Greens: Spinach, Kale, Swiss Chard
- Turmeric
- Ginger
- Peppermint
- Fennel
- Basil
- Rosemary
- Thyme
- Sage
- Parsley



### LESS

#### HIGH-FOODMAP FOODS



- Certain Fruits: Apples, Pears, Oranges
- Certain Vegetables: Carrots, Beets
- Legumes: Beans, Lentils, Chickpeas
- Dairy Products: Milk, Soft Cheeses, Yogurt
- Wheat Products: Bread, Pasta, Cereal

#### GAS-PRODUCING FOODS



- Carbonated Beverages
- Cruciferous Vegetables: Broccoli, Cabbage, Cauliflower, Kale
- Beans and Lentils
- Some Fruits: Apples, Peaches, Pears

#### HIGH-FAT FOODS



- Fried Foods
- Full-Fat Dairy: Butter, Cream, Cheese
- Fats: Oils, Margarine
- Creamy Pasta
- Deep-Fried Elements
- Processed Meats
- Processed Snacks
- Pops or Candy
- Nuts

#### ARTIFICIAL SWEETENERS



- Aspartame
- Saccharin
- Sucralose
- Stevia
- Monk Fruit
- Acesulfame K
- Erythritol
- Xylitol
- Sorbitol
- Mannitol
- Polydextrose

#### SPICY FOODS



- Hot Peppers
- Chili Powder
- Cayenne
- Curry Powder
- Wasabi
- Serrano Peppers
- Jalapeno
- Ancho Peppers
- Habanero
- Poblano

#### PROCESSED FOODS

- Fast Food
- Canned Soups
- Instant Noodles
- Packaged Snacks
- Sugary Beverages
- Alcohol
- Caffeine
- Artificial Sweeteners
- High-Fat Foods
- Fried Foods
- Full-Fat Dairy
- Processed Meats
- Processed Snacks
- Pops or Candy
- Nuts

# IBS FOOD LIST



# Wellness Of Ibs

**LL Leslie**



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