

IBS Diet

Many people with irritable bowel syndrome (IBS) find that eating prompts symptoms of abdominal pain, constipation, diarrhea (or, sometimes, alternating periods of constipation and diarrhea), and bloating. Making adjustments to your diet can provide relief. Limit or eliminate foods that may make diarrhea worse, including caffeine, alcohol, milk products, foods high in sugar, fatty foods, gas-producing foods (such as beans, cabbage, and broccoli), and the artificial sweeteners sorbitol and xylitol (often used in sugarless gum and sugarless candy). To reduce constipation, add fiber to your diet, drink plenty of water, and get regular exercise. Eat slowly and have meals in a quiet, relaxing environment.

Irritable Bowel Syndrome IBS Diet and Nutrition

1. Eat small frequent meals.
2. Drink lots of fluid (8 - 10 servings daily).
3. Eat a high fiber diet.
4. A low fat diet will also help to decrease contractions of the intestines right after meals.
5. Limit caffeine, alcohol and sorbitol (a type of sweetener) as these may exacerbate symptoms.
6. Exclude gas-producing foods such as cabbage-family vegetables (broccoli, cabbage, cauliflower and brussels sprouts}, dried peas and lentils, onions and chives, peppers and carbonated drinks.
7. Avoid chewing gum as more air may be swallowed.
8. If you have diarrhea right after eating dairy, you are probably only lactose intolerance.
9. Some patients find peppermint helpful. Peppermint is a natural anti-spasmodic that relaxes smooth muscles in the intestines.