

Eating well with IBS

Irritable bowel syndrome

Triggers are different for everyone. Start with small changes and notice what helps you.

Often helps



Oats

A source of soluble fiber



Psyllium (ispaghula)

A soluble fiber supplement



Water

Instead of fizzy drinks

Common triggers



Tea and coffee

No more than 3 cups a day



Alcohol

Cut back



Fizzy drinks

Cut back



Wheat bran

Insoluble fiber can worsen pain and bloating



Garlic and onions

High in FODMAPs



Apples, pears, mango

High in FODMAPs



Milk, soft cheese, ice cream

High in FODMAPs



Sugar-free sweets

Sorbitol and xylitol are FODMAPs

Adding fiber

- Add it slowly, 2 to 3 grams a day. Too much at once can cause gas.

Thinking about a low-FODMAP diet?

- FODMAPs are carbohydrates that some people digest poorly.
- It is a short trial of 4 to 6 weeks, then foods are added back one at a time.
- Do it with a dietitian. It is not suitable if you have an eating disorder.

Call the office if

- You see blood in your stool, lose weight without trying or have a fever.
- Your symptoms change.

General information for adults, not a personal diet plan. Follow the advice your own care team gave you, and talk to them before making big changes.

Questions? Call (718) 615-0400.

Medical emergency? Call 911.

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Sources

- American College of Gastroenterology, IBS guideline, 2021

- American Gastroenterological Association, Clinical Practice Update on diet in IBS, 2022
- NICE guideline CG61, 2017
- National Institute of Diabetes and Digestive and Kidney Diseases