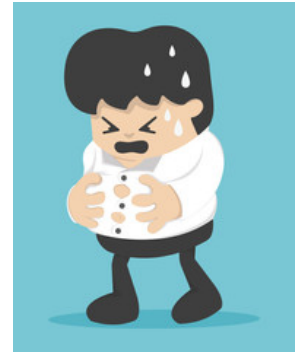


4 Tips to Manage Irritable Bowel Syndrome

IBS (or "irritable bowel syndrome") is a disorder of the gut that causes symptoms such as constipation, diarrhea, or other stool changes; bloating; and abdominal discomfort or pain. About 10-20% of the U.S. population has IBS symptoms at some point in their life. These symptoms can come and go over time. IBS is not life-threatening, but it can have a big impact on your quality of life.¹ Follow these tips to prevent or decrease the occurrence of IBS.

How can IBS be prevented? What causes IBS symptoms?

Studies have found that IBS is often caused by the food people eat. Many of the foods that we eat have sugars and other substances that we can't easily digest. These sugars are called **Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols**—or FODMAPs for short. When our bodies try to digest FODMAPs, the result can be gas and other waste products that can contribute to the symptoms of IBS.¹



Eliminate FODMAPs for 6 Weeks

First try to eliminate FODMAPs as completely as possible for 6 weeks. By cutting out FODMAPs, you can reduce or even eliminate IBS symptoms. Studies show that most (70% or more) people who eliminated FODMAPs from their diet had a significant reduction in IBS symptoms, typically cutting them at least in half.^{2, 3, 4}

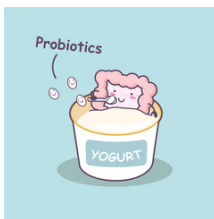


Monitor IBS Symptoms

After this, slowly introduce FODMAP-containing foods one at a time and monitor for a return of your symptoms. Make a note of any foods that re-trigger your symptoms and cut them out of your diet.⁶ See *Elimination Diet* handout.

Add Probiotics to Your Diet

Probiotics are "good" bacteria that help your gut stay healthy. They have been found to reduce IBS symptoms. Good sources include yogurt, fermented foods, kefir, and probiotic supplements.



Choose Other Options

Many foods contain FODMAPs. **Some key foods to avoid are:**




- wheat products
- high fructose corn syrup
- stone fruits (i.e., those with pits like peaches)
- garlic
- beans
- onions
- unfermented milk products


Good options include:

- **Grains:** quinoa, rice, oats
- **Proteins:** fish, eggs, poultry, lean meats, hard cheeses (i.e., cheddar, colby, parmesan)
- **Vegetables:** corn, carrots, cucumbers, leafy greens, potatoes, tomatoes

See backside for a more extensive list.

ACTION PLAN

-  Which of the tips will you try? Circle them.
-  When will you start? _____
-  How confident are you that you will accomplish your goal (from 0-100%)?

-  Follow-up plan

References:

¹ "Diet in IBS." Nutrition Journal 2015.

² "A Diet Low in FODMAPs." Gastroenterology 2014.

³ "FODMAPs alter symptoms." Neurogastroenterology 2016.

⁴ "Does a Diet Low in FODMAPs reduce symptoms?" Eur J Nutr. 2016.

⁵ "FODMAPs role in IBS." Expert Rev. Gastroenterol, Hepatol, 2014.

Author: S. Karpowicz, MD

Contributors: S. Chen, MD; W. Kohatsu, MD

Copy editor: M. Hayes

Designed by: E. Jimenez



Irritable Bowel Syndrome: Foods to Eat & Foods to Limit

	Foods To Eat	Foods to Limit
Grains	Wheat-free grains/wheat-free flours/gluten-free wheat; quinoa, rice, oats	Chicory root, inulin, grains with HFCS* or made from wheat, flour tortillas, rye
Meat, Poultry, & Fish	Beef, chicken, canned tuna in water, eggs, fish, lamb, pork, shellfish, turkey, cold cuts	Meat or meat products cooked with FODMAP fruit sauces or with HFCS*
Dairy & Non-Dairy	Lactose-free dairy; <i>small amounts of:</i> cream cheese, half-and-half, hard cheeses (cheddar, colby, parmesan, swiss, mozzarella); sherbet; almond milk; rice milk; rice milk ice cream	All lactose-containing dairy and dairy products (ice cream, creamy/cheesy sauces, milk from cow, sheep, or goat), soft cheeses (brie, ricotta), sour cream, whipped cream, yogurt, coconut milk, coconut ice cream
Beans & Legumes	<i>Special note: Most beans and legumes are high FODMAP foods, and in general should be avoided during the 6-week elimination diet. Otherwise, they are very healthy foods.</i>	Beans, black-eyed peas, hummus, lentils, garbanzo beans, tofu, soybeans, and soy products
Fruits	Bananas, berries, cantaloupe, grapes, grapefruit, honeydew, kiwi, kumquat, lemon, lime, mandarin, orange, passion fruit, pineapple, rhubarb, tangerine	Avocado, apples, applesauce, dates, canned fruit, cherries, dried fruits, figs, guava, lychee, mango, pears, papaya, stone fruit (peaches, plums, apricots), prunes, persimmon, watermelon
Vegetables	Bamboo shoots, bell peppers, bok choy, cucumbers, carrots, celery, corn, lettuce, leafy greens, pumpkin, potatoes, squash (butternut, winter), yams, tomatoes, zucchini	Artichokes, asparagus, beets, leeks, broccoli, brussel sprouts, cabbage, cauliflower, fennel, green beans, mushrooms, okra, snow peas, summer squash
Other Food	Nuts, nut butters, seeds, spices, herbs, chives, flaxseed, garlic flavored oil, garlic powder, olives, butter, mayonnaise, onion powder, olive oil, pepper, salt, sugar, maple syrup without HFCS,* mustard, low FODMAP salad dressings, soy sauce, marinara sauce (small amounts), vinegar	HFCS,* pistachios, desserts made with HFCS,* agave, chutneys, garlic, honey, onions, molasses, artificial sweeteners: sorbitol, mannitol, isomalt, xylitol (found in cough drops, gums, mints)

*HFCS = high fructose corn syrup

References:

List adapted from Stanford's Low FODMAP List:
fodmapliving.com/wp-content/uploads/2013/02/Stanford-University-Low-FODMAP-Diet-Handout.pdf

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Contributors: S. Chen, MD; W. Kohatsu, MD
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