



Irritable Bowel Syndrome Diet

FOODS TO AVOID

Greasy, fatty fried foods:

- Fast Food
- French Fries
- Donuts
- Potato Chips
- Sausage
- Etc.

Spicy Foods:

- Onions
- Peppers
- Tomato-Based Products
- Salsa
- Spaghetti Sauce
- Pizza Sauce
- Tomato Juice

Raw fruits & Vegetables, especially lettuce.

Chocolate

Caffeine Drinks

- Coffee
- Tea
- Colas

Alcohol, Nicotine

Dairy Products (substitute rice or soy milk "Silk")

- Milk
- Cheese
- Cottage Cheese
- etc.

FIBER IS GOOD

Cereals:

- All Bran
- Fiber One
- Bran Buds
- 100% Bran

Supplements

- Fibercon Tablets (plycarbophil) 2 tablets per day
- Citrucel Powder (methylcellulose) 2 glasses per day

Herbal Supplements

- Enteric coated peppermint tablets: 2 per day
- Chamomile tea
- Probiotic (lactobacilis)

Reduce Stress

- Exercise regularly
- Make time for enjoyable activities