



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 and vegetables, especially lettuce

Chocolate

Caffeine Drinks

- Coffee, Tea, and Colas

Dairy Products (substitute rice or soy milk “Silk”

Milk, cheese, cottage cheese, etc.

Alcohol, Nicotine

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
- Camomille tea
- Probiotic (lactobacilis)

Reduce Stress

- Exercise regularly
- Make time for enjoyable activities



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