

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
- 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 (polycarbophil) 2 tablets/day.
- Citrucel Powder (methylcellulose) 2 glasses/day.

HERBAL SUPPLEMENTS

- Enteric coated peppermint tablets: 2/day
- Chamomile tea
- probiotics (lactobacilis)

REDUCE STRESS

- Exercise regularly
- Make time for enjoyable activities