

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RDN/NDTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Irritable Bowel Syndrome (IBS) Nutrition Therapy

- This nutrition therapy can help you feel less constipated and bloated. It can also help ease diarrhea.
- It is important to make changes to your eating plan gradually.
- Keep a list of the changes that help you feel better and what makes you feel worse.

### Tips

- Eat meals and snacks on a regular schedule.
- Aim for 5 or 6 small meals/snacks each day. Do not skip meals.
- Increase fiber in your eating plan, but do so gradually.
- To get fiber, choose whole grains (such as whole wheat, bran, oats, brown rice, wild rice), seeds, nuts, and fresh fruits and vegetables.
- To reduce fiber intake:
  - Choose grains with refined white flour products (cream of wheat, fine-ground grits, white bread, white pasta, white rice, cold cereals made from white flour).
  - Check labels for less than 2 grams of fiber per serving.
  - Cook vegetables and use canned fruits rather than fresh fruits and vegetables.
- Aim to consume 6 to 8 cups of water in addition to your other beverages.
- A low-fat diet is often better tolerated. You may feel better if you avoid fried foods and foods prepared with added fat.
- Limit acidic, spicy, fried, or greasy foods, caffeine, and mint if you have symptoms of reflux (heartburn) or have been diagnosed with GERD (gastroesophageal reflux disease).

### Foods Recommended

Food Group	Recommended Foods	Notes
Dairy	Buttermilk* Evaporated, fat-free, and low-fat milk* Soy milk, almond milk, or rice milk Yogurt* with live active cultures and added probiotics Powdered milk* Cheese,* aged cheeses may do better: cheddar, Parmesan, Provolone, or Swiss Low-fat ice cream*	If you have lactose intolerance, consuming milk products may aggravate symptoms. Foods marked with asterisk (*) contain lactose. Lactose label reading guidelines: Avoid foods made with milk, milk solids, whey, cream, butter, or if product list states “may contain milk.”
Grains	All ready-to-eat or cooked grain foods*	*Any containing milk

Food Group	Recommended Foods	Notes
Protein Foods	Tender, well-cooked meat, poultry, fish, eggs, or soy foods made without added fat Nut butters	Nut butters are higher in fat.
Vegetables	You may eat any vegetables that your body tolerates. For example: green beans, carrots, butternut squash, or spinach. Be aware some vegetables may cause gas.	See the Foods Not Recommended chart for vegetables to avoid. Limit vegetables to ½ cup serving initially to reduce symptoms.
Fruits	All fruits and fruit juices except prune juice, apple juice, and grape juice. For example: banana, peach, plum, or pineapple.	See the Foods Not Recommended chart for fruits to avoid. (More than 2 cups of fruit juice may not be tolerated due to fructose content.) Limit to ½ cup serving or 1 piece of fruit per meal initially to reduce symptoms.
Fats and Oils	Fats include oil, butter,* cream,* cream cheese,* margarine, and mayonnaise.	Limit fats to less than 8 teaspoons a day.
Beverages	Decaffeinated coffee Caffeine-free teas Rehydration beverages	Healthy people need 8 to 10 cups of fluid each day. Limit beverages with high-fructose corn syrup to 12 ounces per day.

## Foods Not Recommended

Food Group	Foods Not Recommended
Dairy	Whole milk Heavy cream Cheeses made with whole milk
Grains	You may eat any grain foods that your body tolerates.
Protein Foods	Beef, pork, and other meats that are marbled with fat Poultry with skin Ground turkey with skin Luncheon meats, bologna, hot dogs, bacon, sausage Fried meats, poultry, fish, or eggs Dried beans and peas, if they cause gas
Vegetables	You may eat any vegetables that your body tolerates; however, the following may cause gas: broccoli, Brussel sprouts, cabbage, cauliflower, corn, leeks, onions.
Fruits	Prune, apple or grape juice Fruit canned in heavy syrup More than 2 cups of fruit juice may not be tolerated due to fructose content. Avoid any juices sweetened with sorbitol.
Fats and Oils	More than 8 teaspoons of fat per day

Food Group	Foods Not Recommended
Beverages	Caffeinated coffee or tea Carbonated beverages Beverages sweetened with high-fructose corn syrup or sorbitol
Desserts	Honey High-fat desserts (such as pastries, cakes, cookies, pie, ice cream) Fried desserts (doughnuts, fritters) Honey Any sweetened with high-fructose corn syrup or sorbitol

## Irritable Bowel Syndrome (IBS-C) Sample 1-Day Menu

<b>Breakfast</b>	1 cup oatmeal 1/2 cup fresh blueberries 1 cup soy milk 1 cup decaffeinated coffee or tea
<b>Morning Snack</b>	Water 1/2 cup cottage cheese
<b>Lunch</b>	1 cup tuna 1 tablespoon mayonnaise 12 small rice crackers 1/2 cup sliced tomatoes 1/2 cup sliced cucumbers 1 ounce potato chips 1 cup decaffeinated coffee or tea
<b>Afternoon Snack</b>	3 cups popcorn Hot tea
<b>Evening Meal</b>	6 ounces skinless chicken breast 1 cup mixed vegetables, stir-fried 1/2 cup white rice 1/2 egg, cooked in stir-fry 2 cups spinach 1/2 cup strawberries 1 tablespoon poppy-seed dressing
<b>Evening Snack</b>	12 tortilla chips 1 ounce cheddar cheese, melted

**Notes:**

## Irritable Bowel Syndrome (IBS-D) Sample 1-Day Menu

<b>Breakfast</b>	1 egg scrambled 1 slice white toast 1 teaspoon margarine 1 cup 1% milk 1 cup decaffeinated coffee
<b>Snack</b>	2 ounces sliced cheddar cheese 6 saltine crackers 1 cup water
<b>Lunch</b>	¼ cup tuna 1 tablespoon mayonnaise 2 slices white bread ½ cup cantaloupe 1 cup decaffeinated tea
<b>Snack</b>	6 saltine crackers 1 tablespoon smooth peanut butter 1 banana 1 cup decaffeinated tea
<b>Evening Meal</b>	6 ounces skinless chicken breast 1 cup white rice ½ cup cooked carrots 1 white roll
<b>Snack</b>	1 cup puffed rice cereal ½ cup 1% milk

**Notes:**