

Digestive Health Center

Irritable Bowel Syndrome (IBS)

Irritable bowel syndrome (IBS) symptoms include bloating, flatulence, cramping, diarrhea, or constipation and can range from mild to significant. If you feel you have IBS, please have a doctor evaluate you to be sure you don't have a serious medical issue. Nutrition tips to reduce symptoms are highly individualized. The Low FODMAP (fermentable oligo, di, mono, and polyols) Diet is one suggested meal plan for IBS.

Below are very general suggestions for limiting FODMAPs. Remember, this diet is highly variable from person to person as to what is tolerated and what is not. Not all people with IBS need to restrict all of the FODMAPs. Some people may find that eating large amounts of a food is bothersome, but smaller amounts are tolerable. The goal is to have as varied a diet as possible and still manage gastrointestinal (GI) discomfort. Ask your doctor for a referral to a registered dietitian for more information on the Low FODMAP Diet or nutrition tips for IBS.

	Check labels for:	Examples
Fructose	Fructose, crystalline fructose, and high-fructose corn syrup	<ul style="list-style-type: none"> • Sweetened soft drinks and sweet beverages • Honey and agave syrup • Some fruits (apples, pears, and watermelon) • Excess fruit juice and dried fruit
Lactose	Milk and lactose	<ul style="list-style-type: none"> • Milk (unless lactose-free) • Ice cream
Fructans	Inulin and chicory root extract	<ul style="list-style-type: none"> • High-fiber cereal with wheat bran, rye and barley • Wheat bread • Wheat-based foods such as pasta • Rye bread or baked items made with rye • Onion and garlic
Galactans		<ul style="list-style-type: none"> • Baked beans, kidney beans, and chickpeas • Lentils
Polyols	Sorbitol, mannitol, maltitol, and polydextrose	<ul style="list-style-type: none"> • Sugar-free candy or liquid medication • Some fruits (prunes, blackberries, cherries, apples, peaches, pears, and plums) • Some vegetables (mushrooms, cauliflower, and sweet corn)