



# IBS and Dyspepsia Nutrition Tips

## What is Irritable Bowel Syndrome and Dyspepsia?

Irritable bowel syndrome (IBS) is a disorder in which the intestines move abnormally. This may cause abdominal pain, cramping, bloating, diarrhea or constipation.

Dyspepsia is pain or discomfort in the upper part of your stomach. Certain foods, stress, and hormonal changes may make the symptoms of IBS and Dyspepsia worse. Although IBS can be a chronic condition, there are ways to reduce your symptoms.

## Dietary Behavior Methods to Reduce Symptoms

- Eat smaller meals
- Chew foods very well
- Eat slowly
- Use the restroom on a regular basis- after breakfast is an optimal time
- Avoid stress during meals

## Dyspepsia/Stomach Pain

Softer foods may be better tolerated:  
Hot cereals, soups, stews, cooked vegetables, cooked fruit (applesauce), yogurts, cottage cheese, casseroles.

Reduce fatty and sugary foods

Avoid fried foods, creamy soups and sauces, sugary drinks and foods.

Avoid spicy and acidic foods:  
Citrus, tomato, pineapple, hot peppers, black pepper

Avoid caffeine and alcohol

Avoid Peppermint and Spearmint

Lactose if intolerant

## Bloating/Abdominal Distention

Avoid adding more air to the gut:  
Don't use a straw to drink, avoid chewing with mouth open, and avoid chewing gum.

The FODMAP Diet

Reduce wheat products:  
Bread, pasta, pastries and cookies

Avoid sugar alcohols:  
Sorbitol, Mannitol and Xylitol are common sugar alcohols found in many sugar free products.

Reduce gas forming foods:  
Cabbage, broccoli, lentils, peas, legumes (hard beans), garlic and onion

Avoid Lactose if intolerant

Reduce Fructose containing foods:  
Foods containing high fructose corn syrup, fruit juices, large amounts of fruit, honey, and agave

Reduce fiber enriched foods: (especially those with Inulin).

## Diarrhea/Constipation

Soluble Fiber can help increase bulk of the stool by holding extra water in the large intestine. This helps both loose and hard stools.

Gradually increase your fiber and make sure you are drinking enough fluid.

Check with your Dietitian or Physician for specific recommendations if increasing overall fiber in your diet does not help.

## Sources of Soluble Fiber

Artichoke	Oatmeal
Barley	Oat bran
Beans	Peas
Beets	Pumpkin
Carrots	Rice bran
Fruit	Sweet Potato
Lentils	Winter squash

## Fiber supplements:

These may help increase the soluble fiber in your diet. Check with your doctor and dietitian about types and doses.

## Other Things to Try:

Probiotics:

These are good bacteria we want present in the gut. Check with your dietitian or doctor about specific types.

## Food Records:

Sometimes people may have a specific intolerance to a food. Keeping a food diary may help you discover a food that always causes discomfort.

For more Information, visit these websites:

[www.niddk.nih](http://www.niddk.nih)

[www.aboutibs.org](http://www.aboutibs.org)

\* Specific dietary guidelines are highly individualized so it is recommended to consult a dietitian.