



# Dietary Triggers and IBS: How to Manage

Irritable Bowel Syndrome (IBS) is a disorder affecting the intestine and involves problems with motility and sensitivity, leading to abdominal pain, changes in bowel patterns and other symptoms.

## FODMAPS

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Approximately 50-80% of individuals with IBS are sensitive to FODMAPs. If you fall within this group, it may be advisable to trial a low FODMAP diet.

This should be done under the supervision of a Registered Dietitian.

## INSOLUBLE FIBRE



Insoluble fibre, although very beneficial, can be rougher on the gastrointestinal tract. Try:

- Removing the skins from your fruits & vegetables
- Eating cooked > raw veggies
- Temporarily removing wheat bran from your diet

## CAFFEINE



Try reducing your intake of caffeinated products to assess if your IBS symptoms improve. Try:

- Reducing the amount of caffeine in your coffee
- Decaf coffee instead of regular coffee
- Consider swapping to caffeinated teas
- Diluting colas or energy drinks to contain ½ water

## DEHYDRATION



Being dehydrated can worsen IBS symptoms. Adequate hydration can support proper gut function and limit symptoms such as constipation, bloating and abdominal discomfort. To prevent dehydration, it's recommended to aim for at least 8 cups of fluid per day, ideally water.

## ALCOHOL



To lessen symptoms, try:

- Having alcoholic beverages with food rather than on an empty stomach
- Drinking 1 glass of water between each beverage of alcohol
- Spacing your drinks out by at least 1 hour
- Try some non-alcoholic alternatives

## ADDED SUGARS



Common irritants may include, but are not limited to:

- Juice Pop/Soda
- Energy Drinks
- Candy
- Desserts such as cookies, doughnuts & cakes

## SPICY FOODS



To lessen symptoms, try:

- Drinking a glass of water with any spicy foods
- Add a condiment
- Use more acidic flavours (if tolerated)
- Play with spices that aren't spicy!

## FATTY FOODS



To lessen symptoms, try:

- Choose leaner proteins more often
- Sauteing, steaming and boiling over deep-frying
- Plan for more meatless Mondays
- Choose margarine made with olive oil > butter for necessities

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