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### **Dietary Recommendations for Irritable Bowel Syndrome**

1. There are general guidelines. Not all of the “trigger foods” listed below may affect your IBS. You may need to experiment to determine which foods are triggers and what your individual threshold is for each group. This threshold may vary considerably from day to day depending on your stress emotional state, level of fatigue, etc. A diet diary may be helpful to determine your individual “trigger foods” or “trigger foods” not included on this list.
2. In general, avoid overeating or prolonged periods of not eating. Most patients with IBS find that they do better if they have more frequent, small meals a day (3-5) rather than (1-2) LARGER MEALS A DAY. You may need to have a snack or something light even if you are not hungry (to avoid prolonged fasting).
3. Foods and beverages containing caffeine should be excluded if possible. This includes coffee, tea, and sodas with caffeine (particularly colas) and chocolate. Some cold or pain medications sold over-the-counter also contain caffeine. Decaffeinated beverages are generally well tolerated.
4. Avoid rich foods (such as foods that are fatty, deep fried, creamy or contain large amounts of butter or oil).
5. Avoid spicy foods.
6. Avoid dairy foods if you find that such foods trigger your symptoms. Be careful with dairy foods that are high in fat (such as ice cream or whole milk).
7. Avoid junk food and tomato sauce. Onions, celery pretzels, bagels and dried fruit may also be “gassy”.
8. Avoid roughage. Although some IBS patients tolerate roughage, many do not. The worst offenders are the “gassy” (cruciferous) vegetables such as cabbage, cauliflower, broccoli, Brussel sprouts and beans, all of which should be avoided. Consumption of fresh fruits and vegetables should be decreased and used in small portions. Cook your vegetables. Consider peeling some fruits. Stay away from wheat germ and goods supplemented with “bran”. Avoid seeds, nuts, popcorn, etc.