

AVOID ENJOY

VEGETABLES

Artichoke, asparagus, cauliflower, garlic, green peas, mushrooms, onion, sugar snap peas

Eggplant, green beans, bok choy, bell pepper, carrots, cucumber, lettuce, potato, tomato, zucchini

FRUITS

Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon

Cantaloupe, grapes, kiwi fruit, mandarin orange, pineapple, strawberries

DAIRY & ALTERNATIVES

Milk, ice cream, soy milk (made from whole soybeans), sweetened condensed milk, yogurt

Almond milk, brie/camembert cheese, feta cheese, hard cheeses, lactose-free milk, soy milk (made from soy protein)

PROTEIN SOURCES

Legumes, some marinated meats/poultry/seafood, some processed meats

Eggs, firm tofu, meats/poultry/seafood (marinated in lemon juice with olive oil, black pepper or Italian herbs), tempeh

BREADS & CEREALS

Wheat/rye/barley based breads, breakfast cereals, biscuits and snack products

Corn flakes, oats, rice cakes (plain), sourdough spelt bread, wheat/rye/ barley free breads

SUGARS & SWEETENERS

High fructose corn syrup, honey, sugar free confectionery

Dark chocolate, maple syrup, rice malt syrup, table sugar

NUTS & SEED

Cashews, pistachios

Macadamias, peanuts, pumpkin seeds, walnuts



Irritable Bowel Syndrome (IBS) DIET CHART