

# IBS DIET CHEAT SHEET

## STOP

### TRIGGER FOODS

- Avoid as much as possible
- Go low fat, but not fat free

- Red meat
- Fats
- Dairy products
- Fried foods
- Egg yolks
- Solid chocolate
- Alcohol
- Coffee

## CAUTION

### INSOLUBLE FIBRE

- Never eat on an empty stomach
- Eat often, but eat carefully

- Whole wheat
- Whole grains
- Seeds
- Berries
- Pineapple
- Apples
- Cherries
- Onions

## GO

### SOLUBLE FIBRE

- Make the basis of all meals and snack
- First thing to eat on an empty stomach

- Rice
- Pasta
- Oatmeal
- Corn cereals
- Carrots
- Potatoes
- Parsnips
- Quinoa