

Irritable Bowel Syndrome (IBS)

What does it do?

- **Affects**- mainly the bowel (large intestine-makes and stores the stool)
- **Causes**- cramping, bloating, gas, diarrhea, constipation which are painful
- **IBS**- a functional disorder in which the bowel does not function properly, not a disease, does not damage the bowel, stress triggers IBS



Food to Avoid and Include:

- **Avoid**- Milk products, caffeine, carbonated drinks, chocolate, fatty foods, alcohol, fried foods, cheese, ice cream-try eating less instead of stopping
- **Include**- Fiber reduces IBS -it makes a soft, bulkier, easier to pass stool-add bran, bread, cereal, beans, raw fruits and vegetables-add slowly to reduce gas
- **Eat**- small meals 4 to 6 times per day
- **More Symptoms**- during menstrual period

Symptoms:

- Mucus in stool
- Swollen or bloated abdomen
- Never feel like you have finished a BM (bowel movement)
- **No Cure**- but can change diet, medicine, and stress to relieve symptoms



What can I do?

- **See a Health Care Provider**- for a physical exam, blood tests, X-ray of bowel, endoscopy
- **See a Registered Dietitian**- for help with your meal plan
- **Set up an Exercise Program**- with your Physician or Therapist
- Learn to deal with stress
- **See a FFF RD**- for help as needed with IBS, meal planning, foods included and excluded

