

GI Nutrition Tips for National Nutrition Month

Fiber intake for Irritable Bowel Syndrome

Do you notice frequent bloating, discomfort, and constipation in your daily routine? Increasing your fiber intake can help reduce symptoms of IBS and improve gut health. It is recommended to slowly increase your fiber intake by 2-3 grams per day until you are consuming around 25 grams for women or 35 grams for men. Adjust slowly until you find the right amount for your diet. Below is a helpful table of Low-FODMAP and high fiber foods to begin implementing into your diet today!

Food Item	Amount of Fiber
Popcorn, unsalted	15.1 grams per 100 grams
Rolled Oats	4 grams per 100 grams
Quinoa	2.8 grams per 100 grams
Kale + Brussel Sprouts	4.1 grams per 100 grams
Potatos	2.8 grams per 100 grams
Black Beans	8.7 grams per 100 grams
Avocados	6.7 grams per 100 grams
Raspberries	6.5 grams per 100 grams
Chia Seeds	17.2 grams per 50 grams



Have you been diagnosed with IBS and need help managing your diet? Schedule a discovery call with a Registered Dietitian who specializes in IBS today!



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