

IBS/IBD DIET TIPS

Want to work with a Dietitian? Schedule a free 30-minute discovery call with Danielle Starmer, RD LDN at www.starmernutrition.com

IBS is a very common disorder that affects 1 in 7 people. Symptoms include constipation, diarrhea, bloating, distension, excessive gas, and urgency to defecate. Even though we still do not know what causes IBS, there are many treatment options. There are many different diet and lifestyle strategies that can help relieve IBS symptoms.

Common Trouble Foods for IBS/IBD

Fatty Foods (fried foods, fatty meats, butter, oil)
Coffee/caffeine
Chocolate
Certain Fibers
Dairy Products
Wheat Products
Garlic & Onion

Lifestyle Changes That May Help

Eat Smaller Meals and Eat Slowly (30 minutes per meal)
If you struggle with constipation, make sure to eat breakfast
If you think a certain food is a problem for you, try cutting it out for a few weeks to see if your symptoms improve.

If your symptoms continue, a registered dietitian can help you work through your specific needs in order to find a diet that works best for you.



Remember that what works for others may not work for you. For personalized nutrition counseling and support, schedule a free discovery call with Registered Dietitian Danielle Starmer today at www.starmernutrition.com