

Diet for: Irritable Bowel Syndrome

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Irritable Bowel Syndrome is a gastrointestinal disorder with an array of symptoms. There is no one cause for Irritable Bowel Disease. Symptoms of IBS can be triggered by a wide variety of stimuli, such as eating, stress, hormonal changes, medications, or foods. Diet changes can help to relieve symptoms by eliminating foods that can trigger symptoms. When adjusting your diet, it is important to keep in mind there is no “one size fits all” diet for irritable bowel disease. There are recommended foods to limit which have been known to exacerbate IBS symptoms overall. However, to create a diet plan that best suits you, it is recommended to adjust your diet in two phases: an elimination phase and a reintroduction phase.

Elimination Phase

In the elimination phase, you will eliminate certain foods to see if it helps to relieve your symptoms.

The recommended foods to eliminate include:

- Foods high in fiber. Be sure to check food labels and choose foods with a low fiber content. Your fiber intake should be between 3 and 5 grams.
- Grains high in fiber: whole wheat products, barley, bran flakes, oat bran products, popcorn, brown rice, whole wheat, and multigrain bread
- Legumes high in fiber: split peas, lentils, black beans, lima beans, baked beans, sunflower seeds, almonds, pistachios, and pecans
- Vegetables high in fiber: artichokes, green peas, broccoli, turnips, Brussels sprouts, sweet corn, tomatoes, & raw carrots
- Fruits high in fiber: raspberries, pears, apples, bananas, oranges, strawberries, figs, and raisins
- Certain carbohydrates: disaccharide and polysaccharide carbohydrates are poorly absorbed in the gastrointestinal tract and can lead to IBS related symptoms. Following a low FODMAP diet [see additional hand out] can help to reduce intake of these carbohydrates
- Foods high in fat: including fried or baked foods. High fat diets can cause IBS symptoms.
- Limit red meat, processed meats, deli meats, and eggs: these proteins contribute to which can exacerbate IBS symptoms
- Any alcoholic beverages or foods prepared with alcoholic beverages
- Diet soda, diet gum, and diet candy
- Lactose or milk-containing products: milk, ice cream, cream cheese, cheese, yogurt, cream soups, cheese cake, etc
- Foods with strong spices and seasonings

Foods to enjoy during the elimination phase

- All types of fish except canned tuna
- Chicken: grilled, broiled or baked. Can use ground chicken to make meatballs or burgers
- Turkey: (not deli meat) grilled, baked, or broiled. Can use ground turkey to make meatballs or burgers
- Cereals: May have 1 cup of Corn Flakes, Special K, Kix, Cocoa Krispies, Rice Krispies, Frosted Flakes, or Cheerios
- Grains: French, Italian, rye or white bread, oyster crackers, saltine crackers, animal crackers, pancakes, waffles, and white pastas
- Vegetables low in fiber: zucchini, cucumber, asparagus (base cut off), mushrooms, shredded lettuce, cooked spinach, beets, grilled or baked eggplant (no breading), green beans, and cooked carrots
- Fruits low in fiber: cantaloupe, honeydew melon, watermelon, nectarines, peaches, plums, applesauce and cherries
- Lactaid or soy milk and products to replace dairy products

Reintroduction Phase

In the reintroduction phase, you will slowly reintroduce the foods you have eliminated every three days. It is important to reintroduce one food group at a time and to monitor if any symptoms that arise. If symptoms do reoccur after reintroduction, you will know that this is a “trigger” food for your IBS symptoms and to limit it in the future. It is important to keep track of this phase. Attached is a chart you can use to follow your symptoms while reintroducing foods. Keeping a food journal will also help you to monitor the foods you reintroduce and any IBS symptoms during this phase.

Reintroduction Phase Chart

Type of Food	Day 1 Symptoms	Day 2 Symptoms	Day 3 Symptoms	Keep or Leave Out of Diet
High Fiber Grains				
High Fiber Vegetables				
High Fiber Fruits				
High Fiber Legumes				
High FODMAP Carbohydrates				
High Fat Foods (includes any foods fried or breaded)				
Red meat, processed meats, Deli meats & eggs				
Alcoholic beverages or foods				
Diet soda, diet gum & diet candy				
Lactose & milk products				

Sample Meals

Breakfast

- 1 egg omelet, 1 slice of white toast with 1 teaspoon margarine, cranberry juice & caffeine free tea
- Plain bagel with low fat cream cheese and ripe melon or banana

Lunch

- Tuna salad sandwich in white pita bread with lettuce
- 1 cup of low fat soup with saltines
- Rotisserie chicken sandwich on a white roll

Avocado and Tuna Tapas

Ingredients:

1 (12 oz) can of tuna	1 dash balsamic vinegar
1 tablespoon mayonnaise	black pepper to taste
1 pinch garlic salt	1/2 red bell pepper chopped
2 ripe avocados, halved and pitted	

Directions:

Stir together tuna, mayonnaise, red pepper, and balsamic vinegar in a bowl. Season with pepper and garlic salt, then pack the avocado halves with the tuna mixture. Add a dash of black pepper before serving.

Dinner

- Baked chicken with white rice and cooked carrots
- Baked fish with mashed potatoes and well cooked vegetables without seeds

Teriyaki Salmon with Rice and Asparagus

Teriyaki Salmon

Ingredients:

1/4 cup of sesame oil	1 teaspoon ground mustard
1/4 cup lemon juice	1 teaspoon ground ginger
1/4 cup soy sauce	1/4 teaspoon garlic powder
2 tablespoon brown sugar	4 6oz salmon steaks
1 tablespoon sesame seeds	

Directions:

- 1 Mix sesame oil, lemon juice, soy sauce, brown sugar, sesame seeds, ground mustard, ginger, and garlic powder in a small saucepan over low heat. Bring to a simmer, stirring until sugar has dissolved. Set aside 1/2 cup of marinade for basting.
- 2 Pour remaining marinade into a resealable plastic bag and place salmon into the marinade. Squeeze air out of the bag, seal, and marinate the salmon steaks for at least 1 hour (2 hours for better flavor). Drain and discard used marinade.
- 3 Set oven rack about 4 inches from the heat source and preheat the oven's broiler. Place salmon steaks into a broiler pan and broil for 5 minutes. Brush steaks with reserved marinade, turn, and broil until fish is opaque and flakes easily, about 5 more minutes. Brush again with marinade.

Rice:

Ingredients:

1 cup rice	2 cups water
2 teaspoon salt	

Directions:

1. Heat saucepan on stove and bring water and salt to boil
2. Add rice and stir
3. Cover and reduce to medium low heat
4. Cook for 20 minutes: be sure not to lift the lid!

Asparagus:

Ingredients:

desired amount of asparagus	olive oil
Salt & pepper	

Directions:

1. Preheat oven to 400 degrees F
2. Cut off tough ends of asparagus
3. Place on baking sheet and drizzle with olive oil
4. Season with salt and pepper (can also add paprika, cayenne and/or garlic powder if desired)
5. Roast in oven for 25 minutes or until tender yet still crisp

Sample Low Fiber Meals

Grilled Chicken with Sautéed Spinach

Ingredients:

Desired amount of chicken (thin sliced chicken breast is advised)	
16oz spinach	3 garlic cloves
1 tablespoon vegetable oil	1 tablespoon olive oil
Salt & pepper	

Grilled Chicken:

1. Preheat saucepan on stove over medium heat
2. Pour 1 tablespoon of vegetable oil in pan
3. Gently place chicken breast [using thin sliced chicken breast is advised]
4. Season with pepper, garlic powder, oregano, and paprika
5. Flip over after 5 minutes and leave in pan until chicken is cooked all the way through (about 5 minutes)

Sautéed Spinach:

1. Thoroughly wash spinach
2. Heat large skillet on stove over medium heat
3. Add 1 tablespoon of olive oil and 3 chopped garlic cloves- cook until garlic browns
4. Add spinach and cook until spinach is wilted
5. Season with salt and pepper

Teriyaki Salmon with White Rice and Asparagus

Teriyaki Salmon

Ingredients:

1/4 cup of sesame oil	1 teaspoon ground mustard
1/4 cup lemon juice	1 teaspoon ground ginger
1/4 cup soy sauce	1/4 teaspoon garlic powder
2 tablespoon brown sugar	4 6oz salmon steaks
1 tablespoon sesame seeds	

Directions:

1. Mix sesame oil, lemon juice, soy sauce, brown sugar, sesame seeds, ground mustard, ginger, and garlic powder in a small saucepan over low heat. Bring to a simmer, stirring until sugar has dissolved. Set aside 1/2 cup of marinade for basting.
2. Pour remaining marinade into a re-sealable plastic bag and place salmon into the marinade. Squeeze air out of the bag, seal, and marinate the salmon steaks for at least 1 hour (2 hours for better flavor). Drain and discard used marinade.
3. Set oven rack about 4 inches from the heat source and preheat the oven's broiler. Place salmon steaks into a broiler pan and broil for 5 minutes. Brush steaks with reserved marinade, turn, and broil until fish is opaque and flakes easily, about 5 more minutes. Brush again with marinade.

White Rice:

Ingredients:

1 cup rice	2 cups water
2 teaspoon salt	

Directions:

1. Bring water and salt to boil
2. Add rice and stir
3. Cover and reduce to medium low heat
4. Cook for 20 minutes: Be sure not to lift the lid!

Asparagus:

Ingredients:

desired amount of asparagus	1 tablespoon olive oil
salt & pepper	

Directions:

1. Preheat oven to 400 degrees F
2. Cut off tough ends of asparagus
3. Place on baking sheet and drizzle with olive oil
4. Season with salt and pepper
5. Roast in oven for 25 minutes or until tender yet still crisp

References

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