

# KANABEC HOSPITAL

*Exceeding Your Expectations.*

## Nutrition Therapy for Irritable Bowel Syndrome (IBS)

\*This handout is to be used as basic guidelines only. Please contact your local dietitian for more in depth education on how to eat with IBS. The dietitians at the Kanabec Hospital will go through your diet and give you much more information that cannot be found on this handout. Feel free to contact us for questions or to set up an appointment at 320-225-3640.

### What is IBS?

IBS can be due to several different complications with your gastrointestinal (GI) tract and may include the following symptoms:

- |                      |                                       |
|----------------------|---------------------------------------|
| Lower abdominal pain | Constipation                          |
| Bloating             | Diarrhea                              |
| Mucus in the stools  | Alternating constipation and diarrhea |
| Chest discomfort     | Excessive gas                         |
| Urinary incontinence | Incomplete evacuation                 |

### Diet Therapy:

The best way to keep IBS under control is to pay attention to which foods cause the symptoms previously mentioned. Unfortunately, there is not a specific diet to follow that will save you from IBS symptoms. Everyone has a different GI tract, so it makes sense that everyone would have different symptoms and respond to foods differently. It may be a good idea to keep a journal of the foods that cause problems for you as a reference for the next time you eat. A high fiber diet with whole grain breads and pastas, fruits, and vegetables will usually help with symptoms of IBS.

### Recommendations

<b>Exercise</b>	Exercise appears to aid in constipation. Constipation during a flare up of IBS makes things worse by pushing on the inflamed walls of your colon. Exercising may help loosen up the stools and relieve your constipation.
<b>Gaseous Foods</b>	Broccoli, brussels sprouts, cabbage, cauliflower, corn, leeks, onions, dried beans, peas, etc. These foods may cause bloating and gas formation, which puts pressure on and may aggravate your colon.
<b>Probiotics</b>	This refers to the live cultures (bacteria) in foods such as yogurt. These bacteria actually help keep your colon clean and in good working order. They may also help reduce the chances of a flare up.