

## Digestive Health Complex

### Irritable Bowel Syndrome (IBS)

#### *Steps that can Improve Symptoms*

##### Dietary Changes

###### Consume Well Tolerated foods

*Not all foods on this list are well tolerated by every patient with IBS*

Water or flavored non-carbonated water

Non-caffeinated, non-diet drinks

•	Steamed rice, plain pasta or noodles
•	Boiled or baked potatoes with no additives and no skin
•	Sweet potatoes
•	Plain breads
•	Broiled fish
•	Chicken and turkey with no spices
•	Non-smoked ham
•	Eggs
•	Cereals without artificial flavoring and coloring
•	Soy products
•	Salads with oil and vinegar dressing
•	Cooked vegetables such as peas and carrots
•	Crackers
•	Certain fruits such as melons and peaches
•	Margarine and peanut butter

• Substances high in soluble fiber

##### Other Changes

###### Probiotics

Activia yogurt (twice daily)

Align (one capsule daily)

###### Soluble Fiber

Metamucil

Citrucel  
Fibercon  
Benefiber

### **Avoid Aggravating Foods**

*Not all foods on this list Will aggravate every patient with IDS*

Milk and milk products (except yogurt)  
Caffeinated beverages  
Alcohol  
Certain fruits (especially apples and citrus fruits)  
Tomatoes  
Spices, condiments and seasoning  
Diet beverages and foods  
Fast foods  
Chinese foods  
Fried and fatty foods  
Additive ingredients in salads  
Certain vegetables (especially cabbage,  
broccoli, cauliflower and corn)  
Legumes and beans  
Red and processed meats  
Preservatives, artificial flavorings and  
coloring  
Substances high in insoluble fiber such as  
whole grain and multigrain breads  
Baked products (especially if they contain milk  
products)  
High-fructose corn syrup

### **Peppermint Oil**

- Enteric coated capsules before meals

### **Exercise**