

## ***Eating Guidelines for IBS***

### **Reduce inflammatory foods** (look up FOODMAPS foods to avoid, on the internet)

- NO or low sugar; NO fruit juice, soda, baked goods, sweets.
- 1 piece of fruit/day is okay but
- NO apples, mangos, cherries, cauliflower, beans, lentils as they contain hard to digest molecules that can trigger IBS
- Some fruits you can eat are; bananas, blueberries, grapes, kiwi, oranges, and pineapple
- Best vegetables to eat are; carrots, celery, eggplant, green beans, kale, pumpkin, spinach, and potato
- Firm and medium tofu is fine
- Good seed snacks; pumpkin seeds, sesame seeds, and sunflower seeds
- Low honey use is okay
- NO artificial sweeteners
- Stevia is okay for most people but some are sensitive to it. If you are one of those then avoid it.
- Lemon Juice is fine any time
- No alcohol (beer, wine, liquor) all trigger IBS
- NO potato chips, cheese puffs, or processed snack foods
- Small portions of broccoli and asparagus, don't over eat these foods in one meal.
- No Frozen premade meals or foods as they are high in salt and sugar.
- No Wheat or Rye (Gluten-FREE). Avoid all regular wheat flour bread, gravy and pasta
- Quinoa, barley, buckwheat, oats, coconut flour, almond flour are usually okay
- NO Dairy
- Eat lots of veggies; soluble fiber from beans and veggies is best, avoid bran and grain fiber
- Red meat 2-3 x week maximum but
- NO sausage or lunchmeats
- Poultry is okay, at least choose organic. If you can choose, Organic, Free-Range, non-GMO
- No caffeine or decaf products
- Naturally occurring caffeine-free products are fine like Rubois or Red Tea, most herbal teas
- No corn or soy
- Eat plenty of wild caught medium sized fish (wild caught salmon/trout/flounder/snapper/snakehead are best)
- Shellfish is also okay but not more than 2 x week.
- Avoid all deep-fried foods as much as possible
- No soy oil, corn oil, vegetable oil, canola oil, rapeseed oil, peanut oil, or Crisco shortening
- Olive oil, Avocado oil, Grape seed oil, cold-pressed Flax Seed oil, butter and Coconut oil are OKAY to use and eat. Avocado, Grape seed (*NOT RAPESEED*) and coconut oils are the best to fry or cook with as they can handle the heat better than Olive or Flax seed oils.
- Drink water daily. Half gallon, 64 oz. (four, 16 oz. bottles) to 3 quarts, 96 oz. (six, 16 oz. bottles) per day. Try to finish by 7 pm
- **Eat as many different types of green veggies as you can every day**

**YOU can eat anything you want as outlined here, this is not a daily recipe diet guide. Be creative and change things up don't eat the same vegetable and meat all the time. Eat 2 or 3 kinds of vegetables one week then change it up and switch one or two of those for a new vegetable the next week. Do the same with meats; more poultry one week with some fish, no red meat. The next week add red meat, less poultry and some fish. And have a "light week" fish and veggies no**

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**heavy meats at all. Rotate these menus. Notice there are no starches on this diet and no sugar or fruit until the inflammation is gone.**

**Your own hand is your personalized measuring cup. Use the palm to figure out what a serving looks like for your body.**

- 1 palmful(not fingers) is a serving of protein
  - 1 ½ palmfuls of greens is a serving of veggies
  - ½ palmful of starch is your meal serving for simple carbs
- I. Use a whole-house water filter to purify water for washing clothes, showering and cooking/drinking if possible, if not use one on the shower head and one each of all your drinking faucets.
  - II. Read the booklet, *"BE HEALTHY NOW" from Dr. D. cost \$5*