



The IBS Cheat Sheet

What to Eat When You Are Having an IBS Flare-Up

- Gatorade
- Flat ginger ale
- Broth (vegetable, not bone)
- Tea (herbal, green, turmeric, peppermint, ginger, lavender, lemon balm, chamomile, holy basil, ground fennel seed)
- Raw honey (a little)
- Boiled or baked white potatoes (peeled)
- Fancy mushrooms
- White rice
- Sweet potatoes
- Spinach (cooked)
- Green beans (cooked)
- Carrots (cooked)
- Bananas, not too raw or too ripe (may cause gas)
- Lean meat (fish, chicken, turkey)
- Egg whites
- Mushrooms (fancy, not White)
- Avocado (no more than 2 TB daily)
- Coconut oil (not coconut meat and not in excess)
- Naked bread (gluten-free if you're sensitive to gluten)
- Sea salt (for seasoning)
- Whey protein (I use *Naked Whey*)
- Pure water (to prevent dehydration)
- While not being a "healthy" food, soda crackers seem to work for some people.
- Tapioca (homemade)
- Gelatin

You can grind and puree your foods at home. However, many of these foods are available on store shelves as "baby food."

Other IBS Helpers

- Digestive enzyme supplements
- Prebiotics and probiotics
- Glutamine (repairs the intestinal lining)
- Aloe vera juice (not the gel)
- Flaxseed oil
- Peppermint oil (capsules)

- Bentonite clay
- Omega 3s
- Soluble fiber: fresh peas, figs, brown rice, pasta (no pasta or white foods if you have *Colitis*), prunes, raisins, soy, sourdough bread (see information about fermented foods on the next page)

An IBS Wellness Tip

It's essential not to follow a minimalist diet for too long, as it can only deplete your healthy gut bacteria. Eat as many different types of plant foods as possible, even though you have **Irritable Bowel Syndrome**. Cook (bake or steam) them, puree them, and eat as many as possible to feed the good "bugs" in your microbiome, which is critical for immunity. A teaspoon or two of each will do. The more plants you eat, the healthier your gut becomes.

Soluble & Insoluble Fiber

Soluble fiber slows things down in the digestive tract and helps to stop diarrhea. In contrast, insoluble fiber speeds things up and helps to alleviate constipation. Depending on whether you are suffering from IBS-D (diarrhea), IBS-C (constipation), or IBS-M (mixed). With IBS-M, your guess on which to use is as good as mine. I suffer from IBS-M, so I don't worry too much about minding my fibers. However, I pay more attention when I have just one or the other.

For IBS-C (constipation), try apples, oatmeal, carrots, squash, and pumpkin.

Regarding Sourdough Bread (and Other Fermentations)

According to Monash University, fermented foods, such as sauerkraut, kefir, soybeans, spelt wheat (a particular type of hull-free wheat that's been fermented), and pickled vegetables, have gone through a fermentation process (carbohydrates are processed to alcohol or organic acids) by adding yeast or bacteria to ferment the foods to preserve them, fostering beneficial microbes, called *Probiotics*.

Probiotics help to maintain a healthy, balanced microbiome. However, fermented foods may make IBS symptoms worse in some people. Start with a teaspoon or two of these foods and slowly increase the amount each week. If you experience symptoms, back off, try again, or omit them altogether. In most instances, it's not the food that's the problem. Imbalances in your gut microbiome are causing all the fuss. So that you know, spelled wheat contains *gluten*. If you're sensitive to gluten, you'll want to avoid it.

Minimizing a wide variety of healthy foods in your diet out of fear of having another IBS flare causes gut dysbiosis. When you reduce your intake of foods, especially plant-based foods, beneficial gut bacteria are not fed, allowing certain bacterial colonies to overgrow, which can cause IBS. Once you feel better, start incorporating small amounts of plant-based foods into your diet, which are better accepted when cooked versus raw, when living with IBS. Once your gut microbiome begins to flourish (within a few months), you can consume more whole, raw foods.

Of course, if you have stomach complaints that are too challenging for you to live with or won't go away, please see your doctor. *The IBS Cheat Sheet* is not meant to treat or cure IBS or related diseases or take the place of medical advice.

