What is Irritable Bowel Syndrome and Dyspepsia?

Irritable bowel syndrome (IBS) is a disorder in which the intestines move abnormally. This may cause abdominal pain, cramping, bloating, diarrhea or constipation.

Dyspepsia is pain or discomfort in the upper part of your stomach. Certain foods, stress, and hormonal changes may make the symptoms of IBS and Dyspepsia worse. Although IBS can be a chronic condition, there are ways to reduce your symptoms.

Dietary Behavior Methods to Reduce Symptoms

- Eat smaller meals
- Chew foods very well
- Eat slowly
- Use the restroom on a regular basis—after breakfast is an optimal time
- Avoid stress during meals

Dyspepsia/Stomach Pain

Softer foods may be better tolerated:
- Hot cereals, soups, stews, cooked vegetables, cooked fruit (applesauce), yogurts, cottage cheese, casseroles.
- Reduce fatty and sugary foods

IBS and Dyspepsia Nutrition Tips

- Avoid fried foods, creamy soups and sauces, sugary drinks and foods.
- Avoid spicy and acidic foods: Citrus, tomato, pineapple, hot peppers, black pepper
- Avoid caffeine and alcohol
- Avoid Peppermint and Spearmint
- Lactose if intolerant

Bloating/Abdominal Distention

- Avoid adding more air to the gut: Don’t use a straw to drink, avoid chewing with mouth open, and avoid chewing gum.

The FODMAP Diet

- Reduce wheat products: Bread, pasta, pastries and cookies
- Avoid sugar alcohols: Sorbitol, Mannitol and Xylitol are common sugar alcohols found in many sugar free products.
- Reduce gas forming foods: Cabbage, broccoli, lentils, peas, legumes, (hard beans), garlic and onion
- Avoid Lactose if intolerant
- Reduce Fructose containing foods: Foods containing high fructose corn syrup, Fruit juices and large amounts of fruit, Honey and agave
- Reduce fiber enriched foods: Especially those with Inulin
**Diarrhea/Constipation**

Soluble Fiber can help increase bulk of the stool by holding extra water in the large intestine. This helps both loose and hard stools.

Make sure you are drinking enough fluid.

Check with your Dietitian or Physician for specific recommendations if increasing overall fiber in your diet does not help.

**Sources of Soluble Fiber**

<table>
<thead>
<tr>
<th>Artichoke</th>
<th>Oatmeal</th>
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</thead>
<tbody>
<tr>
<td>Barley</td>
<td>Oat bran</td>
</tr>
<tr>
<td>Beans</td>
<td>Peas</td>
</tr>
<tr>
<td>Beets</td>
<td>Pumpkin</td>
</tr>
<tr>
<td>Carrots</td>
<td>Rice bran</td>
</tr>
<tr>
<td>Fruit</td>
<td>Sweet Potato</td>
</tr>
<tr>
<td>Lentils</td>
<td>Winter squash</td>
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**Other Things to Try:**

Probiotics:
These are good bacteria we want present in the gut. Check with your dietitian or doctor about specific types.

Fiber Supplements:
These may help increase the soluble fiber in your diet. Check with your doctor and dietitian about types and doses.

**For more Information, visit these websites:**

[www.niddk.nih](http://www.niddk.nih)
[www.aboutibs.org](http://www.aboutibs.org)

* Specific dietary guidelines are highly individualized so it is recommended to consult a dietitian.*