

IBS DIET CHEAT SHEET

Treating IBS	IBS Foods/Ingredients to Avoid	The Best Foods for IBS
<ul style="list-style-type: none">● Elimination diet.● Upping your daily fiber intake.● Reducing alcohol consumption.● Upping your water intake.● Having a doctor prescribe rifaximin in order to clean out the bacteria in your gut● Taking probiotics to increase the amount of healthy flora in your stomach● Exercise● Citrucel or Metamucil	<ul style="list-style-type: none">● Gluten● Lactose● Soy● Peanuts● Fish● Eggs● Wheat	<ul style="list-style-type: none">● Hot Peppermint Tea● Fennel Tea● Kefir● Fruits and Vegetables● Any type of food that is high in fiber is a good decision for your diet● Starchy carbs can give you short term relief.

Be sure to print this out and keep it on your fridge or at your desk at work for quick reference!

For a comprehensive diet plan check out the following links:

[Ultimate 30 Day High Fiber Diet Plan.](#)

[IBS Diet Sheet](#)

[12 Week Elimination Diet](#)