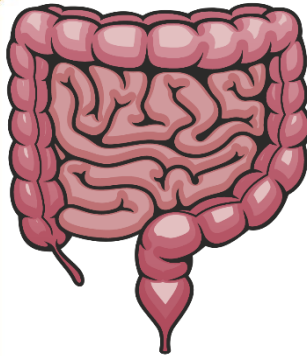




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# Irritable Bowel Syndrome (IBS)



## What is irritable bowel syndrome?

Irritable bowel syndrome is a common disorder that affects the large intestine (colon), symptoms as following:

- Abdominal Pain
- Gas and cramping
- Diarrhea and or constipation

Some People van manage their symptoms can be controlled by managing their diet, lifestyle, and stress. Others will need medication and counseling.



## What are the recommendations for irritable bowel syndrome?

- Consume small and frequent meals (5 to 6 meals)
- Regular mealtime
- Try to relax while eating
- Exercise regularly.
- Encourage adequate fluid intake 2-3 liters per day.
- Avoid gas-producing food. (See table 1)
- Slowly increase Dietary fiber by 2-3 g/d. (See table 2)
- Avoid lactose if not tolerated.
- Avoid wheat or yeast if not tolerated.



## What are the recommendations for irritable bowel syndrome?

- Limit fatty food.
- Avoid spicy, acidic, fried food
- Decrease intake of tea and coffee to less than 3 cups per day
- Limit intake of sorbitol, artificial sweetener found in sugar-free sweets, chewing gum and drinks.
- Probiotics may be useful.



## Table 1: Gas Producing foods

Apples	Artichoke	Asparagus	Avocados
Barley	Bran	Broccoli	Brussels sprouts
Cabbage	Carbonated beverages	Celery	Cauliflower
Coconut	Cucumber	Eggplant	Eggs
Figs	Fish	Fried foods	Garlic
Onion	Lentils	Legumes	Leeks
Milk	Nuts	Peppers	Prunes
Raisins	Turnips	Soybeans	Wheat



## Table 2: Fiber Content of Food

- Grains, Cereal and Pasta:

Food	Serving	Total Fiber (g)
Spaghetti (whole-wheat, cooked)	1 cup	6.3
Barley (cooked)	1 cup	6.0
Bran flaxes	$\frac{3}{4}$ cup	5.5
Oat bran muffin	1 medium	5.2
Oatmeal (instant, cooked)	1 cup	4.0
Popcorn (air pooped)	3 cups	3.6
Brown rice (cooked)	1 cup	3.5
Bread, whole wheat	1 slice	1.9

\*Fiber content can vary among brands



## Table 2: Fiber Content of Food

- Fruits:

Food	Serving	Total Fiber (g)
Raspberries	1 cup	8.0
Pear with skin	1 medium	5.5
Apple with skin	1 medium	4.4
Banana	1 medium	3.1
Orange	1 medium	3.1
Strawberries (halves)	1 cup	3.0
Figs (dried)	2 medium	1.6
Raisins	60	1.0
Dates	3	2.0

\*Fiber content can vary among brands



## Table 2: Fiber Content of Food

- Vegetables:

Food	Serving	Total Fiber (g)
Artichoke (boiled)	1 medium	10.3
Green peas (boiled)	1 cup	8.8
Broccoli (boiled)	1 cup	5.1
Turnip greens (boiled)	1 cup	5.0
Brussels sprouts	1 cup	4.1
Sweet corn (boiled)	1 cup	3.6
Potato (with skin, baked)	1 small	2.9
Tomato paste (canned)	¼ cup	2.7
Carrots (raw)	1 medium	1.7

\*Fiber content can vary among brands





## Table 2: Fiber Content of Food

- Legumes, nuts and seeds:

Food	Serving	Total Fiber (g)
Lentils, boiled	1 cup	15.6
Black beans, boiled	1 cup	15.0
Lima beans, boiled	1 cup	13.2
Almonds	23	3.5
Pistachio nuts	49	2.9
Pecans	19 halves	2.7

\*Fiber content can vary among brands



## Table 3: Food Recommended and not Recommended:

- Milk and milk products

Food recommended	Evaporated skim and low-fat milk, soy milk, buttermilk, almond milk, yogurt, powdered milk and low-fat ice-cream.
Food not recommended	Heavy cream, whole milk, chesses made with whole milk.
Notes	If you have lactose intolerance, drinking milk products may cause diarrhea, try lactose free products.



## Table 3: Food Recommended and not Recommended

- Grains:

Food recommended	All ready-to-eat or cooked grains
Food not recommended	You may eat any grain foods that your body tolerate.
Notes	-



## Table 3: Food Recommended and not Recommended

- Proteins

Food recommended	Tender, well-cooked meat, poultry, fish, egg or soy foods made without added fat.
Food not recommended	Poultry with skin, hotdogs, sausage, fried meat, poultry, fish or egg, dried beans and peas if they cause gas.



## Table 3: Food Recommended and not Recommended

- Fruits:

Food recommended	All except prune juice, apple juice and grape juice. For example: banana, peach, plum or pineapple
Food not recommended	Prune, apple or grape juice; fruit canned in heavy syrup. More than 2 cups of fruit juice may not be tolerated due to fructose content. Avoid any juices sweetened with sorbitol.



## Table 3: Food Recommended and not Recommended

- Vegetables:

Food recommended	You may eat any vegetables that your body tolerate; however, some may cause gas. For example: green beans, carrots, squash or spinach.
Food not recommended	You may eat any vegetables that your body tolerate; however, the following may cause gas: broccoli, cabbage, cauliflower, corn, leaks and onions.



## Table 3: Food Recommended and not Recommended

- Fat:

Fats include oil, butter, cream, cream cheese, mayonnaise, margarine and salad dressings

Notes

Limit fats to less than 8 teaspoons a day



## Table 3: Food Recommended and not Recommended

- Beverages:

Recommended	Decaffeinated coffee, caffeine free teas, soft drinks without caffeine.
Not recommended	Beverages containing caffeine, including regular coffee, regular tea. Beverages sweetened with high fructose corn syrup or sorbitol.
Notes	Healthy people need 8 to 10 cups of fluid each day. Limit beverages with high fructose corn syrup to 12 oz. per day.





## Table 3: Food Recommended and not Recommended

- Beverages:

Not recommended	<ul style="list-style-type: none"><li>▪ Honey, high-fat desserts such: as pastries, cakes, cookies, pie, ice cream.</li><li>▪ Fried desserts such as: doughnuts.</li></ul>
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Sources and References:

Academy of Nutrition and Dietetics  
nutrition care manual 2021 – 2022

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**Clinical Nutrition Department**

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