

IBS

IBS Guide

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APEX NUTRITION



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Learn how to tackle IBS. It's important that a lifestyle based approach is ruled out first. Then second line is FODMAP for about 6 weeks.

This guide provides some insight into both IBS and the FODMAP diet.



IBS

INTRODUCTION TO IRRITABLE BOWEL SYNDROME (IBS)

Irritable Bowel Syndrome (IBS) is a common gastrointestinal disorder that affects the functioning of the digestive system. It's characterised by a variety of symptoms, including abdominal pain, bloating, gas, and irregular bowel movements. While the exact cause of IBS is still being researched, certain foods have been identified as triggers that can exacerbate symptoms. The Low FODMAP diet is an evidence-based approach that aims to alleviate IBS symptoms by avoiding specific types of carbohydrates known as FODMAPs.

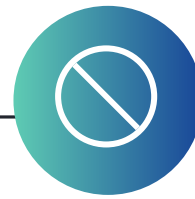
FODMAP should only come after lifestyle is ruled out first.

4 Types of IBS



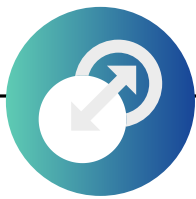
IBS-D (Diarrhea-Predominant):

People with IBS-D often rush to the bathroom and might feel an urgent need to go.



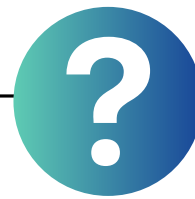
IBS-C (Constipation-Predominant):

People with IBS-C might feel like they're always dealing with constipation, and their stools can be hard and uncomfortable.



IBS-M (Mixed Type):

People with IBS-M get both diarrhea and constipation. It's like their river can't decide whether to speed up or slow down.



IBS-U (Unsubtyped or Unclassified):

IBS-U is when the symptoms don't fit neatly into the other types.

First Look at Lifestyle

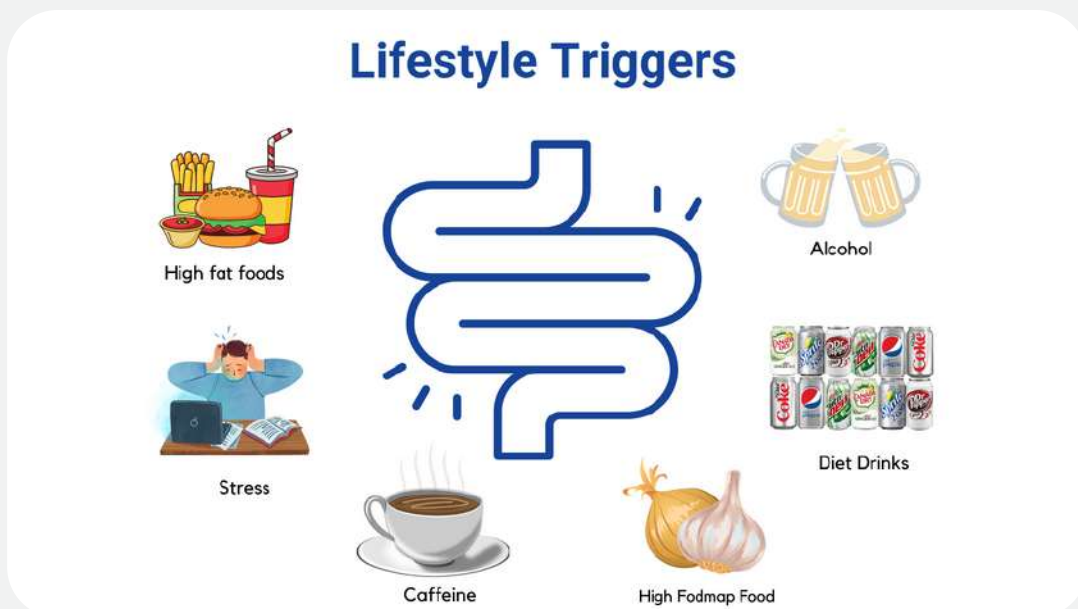
Lifestyle can often help fix the symptoms we get from IBS. Check out some of the tips below before considering a Low FODMAP diet.

Sweeteners

Some sweeteners like sorbitol, mannitol, and xylitol can worsen IBS symptoms. Opt sweeteners like glucose or dextrose when needed.

Caffeine

Excessive caffeine can stimulate the gut and worsen symptoms. Limit coffee, tea, and energy drinks. Opt for herbal teas or decaffeinated options.



High-Fat Foods:

High-fat foods can trigger symptoms. Control portions of fried foods, fatty cuts of meat, and rich sauces.

Stress Management:

Engage in activities you enjoy to unwind and relax. Prioritize self-care to manage stress.

Alcohol:

Limit alcohol consumption as this can be linked with inflammation in the intestine. This can have a large effect on reducing pain and symptoms.

Improving Symptoms

While looking at IBS triggers, it's important we also look to outline lifestyle choices that can benefit symptoms.

Eating Slow

Focus on your meal without distractions. Savour each bite and pay attention to your body's cues of fullness.

Exercise

Regular physical activity can improve digestion and manage stress. Aim for moderate exercise like walking, swimming, or yoga.



High-Fiber Foods:

If you're increasing fiber intake, do it slowly to avoid overwhelming your digestive system. Opt for soluble fiber sources like oats, carrots, and bananas, which can be gentler on the gut.

Food Diary

Maintain a food diary to identify trigger foods and patterns. This helps you make informed dietary choices.

Hydration:

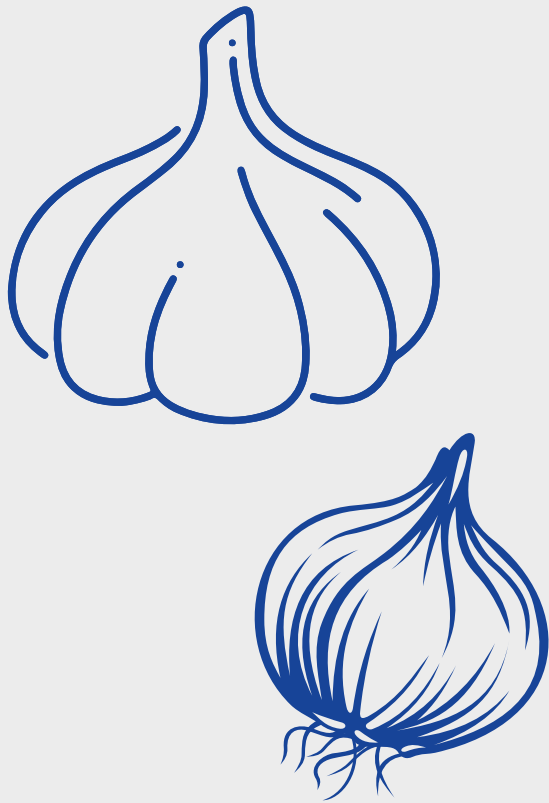
Drink plenty of water throughout the day. Hydration supports digestion and overall well-being.

How To:

Low FODMAP Tips

Aim to do this over 6 Weeks.





What Are Fodmaps?

FODMAPS

FODMAPs stand for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols. These are short-chain carbohydrates and sugar alcohols that can be poorly absorbed in the small intestine and may lead to fermentation by gut bacteria in the large intestine.

This fermentation can result in the production of gas and other compounds that contribute to the discomfort experienced by individuals with IBS.

3 Steps in FODMAP



1 Elimination Phase

During this phase, high FODMAP foods are eliminated from the diet to allow the gut to settle and symptoms to improve. This phase usually lasts around 2-6 weeks.



2 Reintroduction Phase

In this phase, FODMAP foods are gradually reintroduced one at a time, while monitoring symptoms. This helps identify specific trigger foods and determine individual tolerance levels.



3 Personalisation Phase:

Based on the results of the reintroduction phase, a personalized long-term diet plan is created, which includes avoiding only the specific FODMAPs that trigger symptoms while maintaining a well-rounded diet.

High Fodmap Foods

Foods to avoid as part of your plan





High Fodmap Foods

Garlic



Onions



Wheat



Barley



Milk



Yogurt



Cream/Custards



Ricotta



High Fodmap Foods

Apples



Pears



Honey



Sweeteners



Biscuits / cookies



Pastries (Croissants)



Cakes



Cereal bar, wheat based



High Fodmap Foods

Avocado



Blackberries



Watermelon



Sultanas



Broad beans



Falafel



Mushrooms



Kidney beans

Low Fodmap Foods

Foods to include in your plan.





Low Fodmap Foods

Broccoli



Carrots



Cucumber



Lettuce



Chick peas



Cucumber



Lentils



Olives



Low Fodmap Foods

Spinach



Tomato



Potato



Red Peppers



Blueberries



Kiwi



Orange/Mandarin



Pineapple



Low Fodmap Foods

Beef



Chicken



Tuna



Salmon



Gluten Free Breads

Brown Rice

Cornflakes

Oats

Meal Template Ideas

Foods to include in your plan.



1800 Kcal Low Fodmap

220g Carbs, 121g Protein, 65g Fat

BREAKFAST

- Scrambled Eggs x 2
- Spinach x 1 cup spinach,
- Tomato x 1/2 tomato
- Lactose-free Greek Yogurt x1 pot

SNACK

- Almonds x10
- Carrot Sticks (1 medium carrot)

LUNCH

- Grilled Chicken Salad
- Grilled chicken breast x 1
- Mixed Greens x 2 cups
- Cherry Tomatoes x 1/2 cup
- Cucumber Slices x 1/2 cucumber
- Quinoa x 1/2 cup cooked
- Feta Cheese x 20g

SNACK

- Peanut Butter (2 tbsp, ensure it's low FODMAP)
- Sliced Banana (1/2 small banana)

DINNER

- Baked Salmon x 1 Fillet
- Steamed Green Beans (1 cup)
- Quinoa (1/2 cup cooked)
- Olive Oil x 1 tbsp, for drizzling on vegetables



2,200 Kcal Low Fodmap

198g Carbs, 135g Protein, 91g Fat

BREAKFAST

- Omelette x 2 eggs
- Spinach x 50g
- Tomatoes x 1 small
- Lactose-free Greek Yogurt - 150g

SNACK

- Greek Yogurt (lactose-free) - 150g
- Blueberries - 50g

LUNCH

- Grilled Chicken Breast - 200g
- Mixed Greens (lettuce, cucumber, bell pepper) - 150g
- Quinoa (cooked) - 150g
- Olive Oil and Balsamic Vinegar (for dressing) - 10g

SNACK

- Carrot Sticks - 150g
- Almond Butter (2 tablespoons) - 32g

DINNER

- Grilled Salmon - 200g
- Quinoa (cooked) - 150g
- Steamed Green Beans - 150g
- Olive Oil (for cooking) - 10g





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