

## Foods High in Fibre

### Bread, cereals and potatoes:

Wholemeal/granary bread, Added fibre white bread, Wholemeal chapatti, Wholegrain pasta, Brown rice, Wholegrain cereals (e.g Bran flakes, Weetabix, Muesli, Porridge oats, Linseeds, Ready-brek) Rye crispbreads, Wholemeal crackers, Oatcakes, Jacket potato skins

### Fruit and vegetables:

Berry fruits, Unripe bananas, Dried fruit, Grapefruit, Kiwi fruit, Mango, Rhubarb, Oranges, Brussels sprouts, Cabbage, Garlic, Green beans, Okra, Onions, Leeks, Mushrooms, Peas, Sweetcorn, Beans and pulses, Chick peas, Split peas

All types of nuts and seeds

Yoghurts containing nuts or cereal

### Foods containing fat and sugar:

Wholemeal biscuits (e.g. digestives), Biscuits containing dried fruit or nuts (e.g. Garibaldi, fig rolls) Cakes, Puddings or Pastries made with wholemeal flour and/or nuts, Flapjack, Cakes and puddings made with oats, Jams with seeds or skin, Thick cut/chunky marmalade, Sweet mincemeat, Pickles or chutneys, Sweets and chocolate with fruit or nuts, Muesli bars

## Frequently asked questions:

### Can herbal drinks help?

Some people find that herbal teas such as peppermint or chamomile help. Others have also found Aloe Vera to be useful although it may make diarrhoea worse.

### Should I have live yoghurts or fermented milk drinks?

Live/bio yoghurts, e.g. Loseley, Onken, Nestle LCI, Provamel Natural Yofu, Danone Activia or Nestle LCI contain added cultures (bacteria).

This bacteria may help further digestion of food in the lower part of the gut. This may prevent symptoms of wind and bloating. However, the amount of live bacteria in different products will vary and cannot be guaranteed. You will need to take these everyday for at least 2 weeks to see if they work. It may also help to try another brand containing a different bacteria if the first hasn't helped.

### Do I have a food allergy or intolerance?

True food allergies are rare and unlikely to cause IBS symptoms, but they could be caused by a food intolerance. There are no known reliable tests for food intolerance. An exclusion or elimination diet is the only way to find out if your symptoms are made worse by certain foods. If the advice given in this leaflet has not helped and you feel your symptoms may be due to food intolerance, please ask your doctor to refer you to a State Registered Dietitian.

### What else can help?

Medication - A number of different drugs are available which may help to relieve your symptoms. Your doctor will advise which medicine is suitable to try.

For more information or any other queries please contact us:

[email@livingcare.co.uk](mailto:email@livingcare.co.uk)

0113 249 4655

## Foods Low in Fibre

### Bread, cereals and potatoes:

White bread, White chapatti, White pasta, White rice, Rice or corn based cereals (e.g. rice krispies and cornflakes) Cream crackers, Rice cakes, Boiled/mashed/roast potatoes (no skin), Yams, Sweet potato

### Fruit and vegetables:

- Fresh, tinned or stewed: Apples, Apricots, Cherries, Fruit cocktail, Grapes, Lychees, Nectarine, Melon, Ripe banana, Pears, Peaches, Pineapple, Plums, Avocado (avoiding pips and skin) Carrot, Celery, Beetroot, Broccoli or Cauliflower florets, Courgette, Lettuce, Marrow, Skinned cucumber, Skinned/pipped tomatoes, Pepper, Radish, Spinach, Squash, Swede and turnip.

### Meat, fish and alternatives:

- All meat, poultry, fish, quorn, smooth nut butters, eggs

### Milk and dairy products:

- Milk, plain or fruit yoghurts, cheese

### Foods containing fat and sugar:

- Butter, Margarine, Oil, Plain biscuits (e.g. Rich tea, Morning coffee, Cakes, Puddings, Pastries made with white flour, Cream, Jelly, Ice-cream, Milk puddings, Sorbet, Honey, Sugar, Syrup, 'Jelly' type jams and fine cut marmalade, Boiled sweets, Chocolate, Plain toffee without dried fruit or nuts

# A self-help guide for people with Irritable Bowel Syndrome (IBS)



## What is IBS?

Irritable bowel syndrome (IBS) is the term used to describe a variety of symptoms. Symptoms may vary from one individual to another and can be worse for some than others. It is a very common condition with around one in five people affected.

The most common symptoms are:

- Diarrhea or constipation, or both
  - Low abdominal pain which may ease after going to the toilet
  - Feeling bloated
  - Feeling you still need to go to the toilet when you have just been.
  - Passing mucus- even on it's own.
  - A feeling of urgently needing to go to the toilet
- Other symptoms may include:
- Loss of appetite
  - Nausea or vomiting
  - Tiredness
  - Belching or excessive wind
  - Having to urinate urgently and feeling the need to urinate after you have just been
  - Pain during sexual intercourse
  - Worsening of symptoms during periods (menstruation)

**It is not normal to pass blood if you have IBS. If this does happen it is important to consult your doctor.**  
**If you think you have IBS, discuss your symptoms with your doctor before trying any of the treatments discussed in this leaflet.**



## What causes IBS?

It is not known what causes IBS. In some cases, symptoms may start after having a tummy bug or stressful life event.

## Can IBS Lead to Cancer?

No- there is no evidence to suggest that IBS and cancer are related

## What can help to relieve your symptoms:

The suggestions in this booklet are based on the following steps:

- Step 1- Look at your lifestyle
- Step 2- Adjust your diet according to your symptoms  
If your symptoms have still not improved after 4-6 weeks:
- Step 3 - Consult a dietitian for further advice- ask your GP or hospital doctor to refer you.

You may find it useful to keep a diary of your diet and symptoms as you make these changes. This will remind you of what has helped.

## Step 1 – Look at your lifestyle

If you have a busy lifestyle, you may be relying on ready-meals, high-fat snacks or take-aways. Whilst these are ok to have occasionally, you may not be getting all the nutrients you need and these foods could be making your IBS symptoms worse.  
Try these simple lifestyle changes:

- Follow the guidelines on the next page to ensure your diet is well balanced.
- Eat 3 regular meals each day- don't be tempted to skip meals.
- Try making more meals using fresh ingredients such as fresh vegetables.
- Chew food well and take time to sit and eat.
- Drink plenty of fluid- at least 8 cups a day. Tea, coffee, fizzy drinks and alcohol can worsen symptoms. Water, sugar free squash and herbal teas are good alternatives.
- Take regular exercise, e.g. walking, cycling and swimming.
- Make the most of your leisure time and take time to relax.
- Stressful situations can make IBS symptoms worse. Try to find out what effects you. Relaxation tapes, yoga, aromatherapy or massage may help.

## How do I make sure my diet is balanced?

Choose a variety of foods from each of the five food groups shown on the next page.

If your main symptom is diarrhea avoid the skin, pips and stalks of fruit and vegetables. Choose white bread, rice and corn based cereals instead of wholegrain.

### Fruit and Vegetables:

Aim for 5 portions of these each day. Have a variety of these foods.

### Meat, fish, eggs, poultry and pulses:

Aim for 2-3 portions of these each day. Choose lean/low fat versions.

### Milk and dairy products:

Try to have 2-3 portions of these each day. Choose low fat versions e.g. skimmed milk, low/reduced fat cheeses or yoghurts.

### Bread, cereals, rice, pasta and potatoes:

Have at least one of these foods at every meal time.

### Food containing fat and sugar:

E.g. biscuits, cakes, crisps, chocolates, sweets, margarine/butter and cooking oils. **Keep these to a minimum.**

## Step 2 – Adjust your diet according to your symptoms

If there is no improvement after 4-6 weeks, ask your GP for a referral to a dietitian for further advice. Remember that symptoms in IBS can change. Follow the advice for the symptoms you are experiencing **now**.

### Diarrhea or alternating constipation and diarrhea with or without wind or bloating:

#### Reduce your intake of:

- Tea or coffee (not more than 3 cups per day)
- Alcohol (not more than 2 units per day and no more than 5 out of 7 days a week) and fizzy drinks.
- Fruit (not more than 3 pieces per day) and fruit juice (not more than one small glass a day)
- Sorbitol (found in sugar free sweets)
- Foods high in fibre
- Biscuits, cakes, crisps, ready-meals, tinned/packet soups, "cook-in" sauces

#### Have a regular intake of:

- At least 8 glasses of fluid throughout the day e.g. water, sugar-free squash, herbal tea
- Foods low in fibre
- Live yoghurt or fermented milk drinks

### Constipation with wind and bloating:

#### Reduce your intake of:

- Alcohol (not more than 2 units per day and no more than 5 out of 7 days a week) and fizzy drinks.
- Foods high in fibre (except oats and linseeds)
- Biscuits, cakes, crisps, ready-meals, tinned/packet soups, "cook-in" sauces

#### Have a regular intake of:

- At least 8 glasses of fluid throughout the day e.g. water, sugar-free squash, herbal tea
- Foods low in fibre plus oats and linseeds
- Live yoghurt or fermented milk drinks

### Constipation without wind and bloating:

#### Reduce your intake of:

- Foods low in fibre (except meat, fish and milk and dairy products)
- Have a regular intake of:
  - At least 8 glasses of fluid throughout the day. E.g. water, sugar-free squash, herbal tea
  - Foods high in fibre

