



EatFit

Eat Better.
Feel Better.
Live Life.

☆ DIETARY MANAGEMENT OF IRRITABLE BOWEL SYNDROME (IBS) ☆



Irritable bowel syndrome (IBS) is a common condition of the digestive system and can cause bouts of **abdominal pain, bloating, diarrhoea and/or constipation**. There are many factors that can impact on your IBS symptoms and your diet is one of them. Along with making some **dietary changes** to come in line with these initial guidelines, we strongly recommend you make some **lifestyle changes**, such as improved exercise and relaxation routines as well as better sleep patterns (please find out more from the EatFit website). **Spend 3-4 weeks** practicing these new habits before starting to keep your EatFit trigger tracker and reporting back to us for the next steps.

HOW YOU EAT	WHAT YOU EAT	WHAT YOU DRINK
• Eat three regular, evenly sized meals a day. • Eat at approximately the same time every day. • Try not to eat late at night. • Take time to eat your meals. • Chew your food well. • Eat at a table and enjoy meals without distraction. e.g. TV, phone. • Make changes gradually and permanently.	• A varied diet, inclusive of all food groups. • Distribute your food evenly throughout the day. • Reduce your intake of convenience foods. • Some starchy carbohydrates (e.g. pasta, rice, potato) that have been cooled after cooking could worsen your symptoms. Rather eat them freshly cooked.	• Aim for 2 litres of water a day. • Reduce the volume & frequency of fluids known to be triggers e.g. caffeine, alcohol, fizzy drinks.

OTHER CHANGES THAT CAN HELP

Eat until you are **satisfied and comfortably full**.

Eat processed / convenience / fatty and sugary foods less often as in excess these could aggravate your gut symptoms e.g. chips, fast foods, pies, batter, cheese, pizza, creamy sauces, snacks like crisps, chocolate, cake and biscuits, spreads, cooking oils, and fatty meats e.g. burgers and sausages.

Still include good fats in moderation e.g. olive oil, nuts, seeds and avocado.

Include as much fibre as possible by including fibre rich starchy carbohydrates, fruit and vegetables with each of your meals.

Limit alcohol intake to no more than one unit per day for women and two units per day for men. Have at least two alcohol free days a week. One unit = 125ml wine, 300ml beer or 1 tot spirit.

☆ CHOOSE A HEALTHY BALANCED DIET EVERY DAY ☆

SAMPLE MENU

Breakfast

High fibre cereal
with milk and berries,
chia seeds / nut sprinkle

Snack

Apple grated
into low fat yoghurt

Lunch

Wholemeal wrap with hummus,
roasted vegetable and avocado

Snack

Carrots and cucumber
and cottage cheese dip

Dinner

Baked potato (eat the skin)
Baked white fish
Stir fried mixed vegetables
and sesame seeds

DIVERSITY

choose a diet rich in
diverse foods each day
=
enriched & diverse
gut microbiome!



Choose
**WHOLE
FOODS**

Eat plenty of
PLANT BASED
foods

30⁺ types
per week

HOW MUCH SHOULD YOU EAT?

Aim to make your plate look like this;

¼ carbohydrates,
½ fruit and vegetables,
1 portion of lean protein and
1 portion of low fat dairy

SMALL A
AMOUNT OF
HEALTHY FATS

HALF A PLATE
FRUIT AND
VEGETABLES
PER MEAL



6-8 GLASSES
OF WATER A
DAY

QUARTER
PLATE OF
WHOLEGRAIN
CARBOHYDRATE
PER MEAL

1 PORTION
LEAN PROTIEN
PER MEAL
2 X OILY FISH
PER WEEK

2 PORTIONS OF
LOW FAT DAIRY
PER DAY
125ML LOW FAT
YOGHURT
200ML LOW FAT MILK
MATCHBOX SIZE
PIECE OF CHEESE