



Weill Cornell Medicine

Manage IBS Symptoms by Changing Your Diet



According to the American College of Gastroenterology, 10% to 15% of people in the United States have irritable bowel syndrome (IBS) symptoms. Feel better with healthy dietary choices.



Symptoms of IBS

- Bloating
- Feeling of incomplete bowel movements
- Frequent diarrhea, constipation or both
- Mucus in the stool
- Pain in the abdomen



Choose Different Foods

Your doctor may recommend changing your diet to help improve IBS symptoms.

You may be advised to:

- Eat more soluble fiber, which is found in fruit, beans and oat products
- Avoid gluten, a protein in wheat, barley and rye and found in pasta, bread and cereal
- Follow a low FODMAP diet



The Low FODMAP Diet

This diet cuts down on certain carbohydrates that can be hard to digest, called FODMAPs. **Foods containing FODMAPs include:**

- Fruits such as apples, blackberries, cherries, pears, watermelon and more
- Veggies such as artichokes, asparagus, beans, cauliflower, mushrooms and onions
- Dairy products such as milk, soft cheeses, yogurt and ice cream
- Wheat and rye products
- Honey and high-fructose corn syrup
- Products made from sweeteners ending in "-ol," like sorbitol and xylitol

By trying this diet for a few weeks and slowly adding foods back in, your doctor can determine which foods cause symptoms to flare.



Do you think you may have IBS? Find a doctor who can help at weillcornell.org/doctors



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