

IBS Eating Tips

To prevent an IBS flare, you'll want to avoid your trigger foods. But there are other steps you can take to help reduce your chances of developing symptoms.

- Eat several small meals throughout the day, especially if you have diarrhea-prominent IBS.
- Cook fruits and vegetables instead of eating them raw to make them more easily digestible.
- If you choose to eat raw foods, remove any hard-to-digest skins.
- Drink six to eight 8-ounce glasses of water per day before or after meals.
- Avoid heavily processed foods.
- Read food labels to avoid IBS trigger ingredients like sorbitol, Mannitol, Maltitol, Xylitol, high fructose corn syrup, and monosodium glutamate.
- Try tummy-soothing teas such as peppermint, chamomile or ginger.
- Consider adding probiotics, 'good bacteria' that support gut health, to your diet.
- Gradually add soluble fiber to your diet. The [National Digestive Diseases Information Clearinghouse](#) suggests adults consume 21 to 38 grams of fiber per day.
- To prevent worsening symptoms, increase your fiber intake gradually and avoid [insoluble fiber](#) for gentler digestion.
- When eating out, choose bland foods such as grilled chicken or fish, a plain baked potato instead of French fries and steamed vegetables.
- Avoid rich and/or spicy sauces and drink plain water with lemon instead of soda or alcohol.

Since everyone's IBS experience and treatment is unique, please talk to your doctor before trying any of the above suggestions.

In addition, if you choose to try peppermint tea to soothe your stomach, you need to be aware that, according to the [University of Maryland Medical Center](#), peppermint may worsen acid reflux, GERD or hiatal hernia.