

IBS Foods to Avoid

Since many factors contribute to IBS symptoms, including stress and activity levels, it can be hard to create a 'one size fits all' diet. However, there are some foods that are more likely than others to trigger IBS discomfort.

The following foods are recommended based on the [FODMAP diet scale](#). The foods below are high FODMAP foods and may aggravate IBS. To determine if these foods cause you discomfort, eliminate them completely from your diet for two weeks and re-introduce them one at a time. If you experience symptoms when a food is re-introduced, it is likely a trigger food for you.

- Chocolate
- Most dairy products, including soft cheeses (marscapone, cottage cheese and ricotta), yogurt, sour cream, ice cream and cow's milk
- Artificial sweeteners including sorbitol, Mannitol, Maltitol, Xylitol
- Honey and agave
- High fructose corn syrup
- [Insoluble fiber](#), especially if you have diarrhea-prominent IBS
- More than one drink of alcohol (avoid rum completely)
- Fruits: apples, mangos, pears, cherries, raspberries, blackberries, nectarines, peaches, plums, orange juice and canned fruit of any kind
- Vegetables: sugar snap peas, artichokes, asparagus, cabbage, onions, garlic, green peppers, mushrooms, cauliflower and pumpkin
- Lentils and beans (except for peas and peanuts)
- Pistachios
- Grains: wheat (gluten), rye, barley or spelt

Foods and beverages not listed on the FODMAP diet but that are believed to aggravate IBS include:

- Spicy foods
- Deep fried foods
- Coffee (including decaffeinated)
- Caffeinated drinks
- Carbonated drinks
- High FODMAP fruit juices (or more than one small glass of any fruit juice per day)