

## IBS Friendly Foods

Almost any food can trigger IBS symptoms depending on your individual circumstances. However, the following list of foods are low on the [FODMAP diet scale](#) and believed to be the least likely to cause IBS discomfort.

- [Soluble fiber](#) foods such as white rice, pasta, potatoes, flour tortillas, quinoa and corn meal.
- Almond, rice, coconut and hemp milk
- Lactose-free dairy products
- Half and half
- Cream cheese
- Butter
- Hard cheeses such as parmesan, cheddar and Swiss
- Blue cheese, brie and feta cheese
- Fruits: blueberries, strawberries, honeydew, lemons, limes, cantaloupe, honeydew, grapes, kiwi, pineapple, rhubarb, tangelos, avocado
- Vegetables: bok choy, red bell pepper, lettuce, spinach, carrots, chives, cucumber, eggplant, green beans, tomato, potato, yams, celery, sweet potato, broccoli, Brussels sprouts, squash, fennel
- Grains: gluten free grains, brown rice, oats, quinoa, corn, all-purpose flour
- Tofu
- Nuts and seeds (1 to 2 tablespoons maximum): almonds, macadamia, pecans, pine nuts, walnuts, pumpkin seeds, sunflower seeds, and sesame seeds
- Poultry (dark meat may cause symptoms in some people)
- Canned tuna
- Egg whites (yolks may cause symptoms in some people)
- Beef
- Fish (not fried) and canned tuna
- Applesauce
- Oats
- Barley
- White sugar
- Maple syrup and molasses
- Sorbet (natural and made from FODMAP friendly fruits)
- Decaffeinated drinks
- Herbal teas
- Most fresh spices and herbs
- Olive and canola oils

- Wine, beer, gin or vodka (limit to one serving, although all forms of alcohol may cause symptoms in some people)

Keep in mind that some low FODMAP foods, especially those that are acidic such as tomatoes or oranges may cause problems for some people. In addition, leafy greens, cruciferous vegetables and nuts and seeds can also be irritating, especially if you have diarrhea-prominent IBS.

As a result, it's a good idea to follow an [elimination diet](#) to see which foods trigger your symptoms.