Nutrition Prescription for Irritable Bowel Syndrome-Mixed

1)INCREASE FIBER INTAKES (two options)

Eat More Dietary Fiber

These are the richest dietary sources of fiber, aim to eat at least one fiber-rich-food at every meal...

Fiber One Cereal

28 g

Beans

15 g

All Bran Cereal

18 g

Split Peas

16 g

Lentils

15 g

Grape Nuts Cereal

15 g

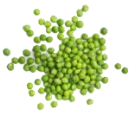
Chickpeas

12 g

Avocado

9 g

Green Peas



8 g

Oats

8 g

Nuts

7 g

Artichoke

7 g

Pumpkin

7 g

Raisin Bran/ Muesli

7 g

Pears

5 g

Pomegranate

5 g

Berries

4 g

Apples

4 g

Brussels Sprouts

4 g

Carrots

4 g

Dietary Fiber Intake Recommendations:

Adult Men: 38 g of fiber per day

Adult Women: 25 g of fiber per day

Take a Fiber Supplement

Choose psyllium or soluble fiber supplements:

POWDER:

-start with one heaping teaspoon mixed into 8 oz of water

-increase gradually to 1 teaspoon, 3 times per day

CAPSULES:

-start with one capsule per day

-increase gradually to 2-5 capsules, up to 4 times per day

GUMMIES:

-start with one gummy per day

-increase gradually to 3 gummies per day

2) INCREASE WATER INTAKES

-Aim 8-10 large glasses of water per day

	Things that Cause/Worsen Diarrhea	Things that Cause/Worsen Constipation
FOODS, NUTRIENTS & INGREDIENTS	-dairy products -caffeine -spicy foods -alcohol -fatty/greasy foods -artificial sweeteners -sugar alcohols (fructose) -excessive intakes of vegetables -sudden increased intakes of vegetables	-meat -white rice -white bread -baked goods -fatty/greasy foods/fried foods -dairy products (especially cheese and full fat dairy) -processed snack foods -crackers and chips -lack of water/fluid hydration
MEDICATIONS	-antibiotics -proton pump inhibitors -SSRIs -metformin -levothyroxine -colchicine -Olmesartan -NSAIDs -quinine -anti-neoplastic drugs -digitalis -digoxin -prostaglandins -theophylline -anti-arrhythmic	-diphenhydramine (Gravol) -certain blood pressure meds (diltiazem, Verapamil) Diuretics (furosemide, hydrochlorothiazide) -antacids (Tums, Maalox) -antidepressants (SSRIs, TCAs) -pain relievers (Ibuprofen, Naproxen) -antipsychotics (clozapine, olanzapine) -antihistamines -co-ingredients in any tablet/pill
SUPPLEMENTS	-magnesium-containing supplements	-iron supplements -calcium supplements -co-ingredients in any tablet/pill

NOTE: IBS-M (Irritable Bowel Syndrome – Mixed) is characterized by recurrent abdominal pain at least one day per week for three months. The pain is associated with defection, a change in stool frequency, or a change in stool form. In IBS-Mixed more than a quarter of stools are hard or lumpy and more than a quarter of stools are loose or watery.