

Diet for Irritable Bowel Syndrome

Principles:

- To ensure a high intake of water-holding fibre.
- To exclude roughage (as classified below) from the diet.
- To keep the fat content of meals to a minimum.
- To avoid foods and beverages containing caffeine.
- To avoid smoked foods.
- To avoid charred foods.

Roughage in this context is that part of the fibre that is not digested and remains as "grit" roughly greater than 2mm in size.

Roughage is classified as follows:

- Skins and pips of all foods.
- Strawberries, gooseberries, mulberries, figs.
- Raisins, sultanas, mixed peel and all dried fruit.
- Skins and pips of all vegetables.
- Brinjals, peas, tomatoes, sweet corn, mealies.
- Popcorn.
- Husks of all legumes, e.g. baked beans.
- Whole-wheat kernels.
- Coconut.
- Seeds, e.g. sesame seeds, sunflower seeds, poppy seeds, etc.
- Nuts.

Water holding fibre:

- Oats.
- Legumes without husks, e.g. split peas, lentils, soya.
- Finely ground wheat bran, e.g. bran flakes.