

DIETARY MANAGEMENT OF IRRITABLE BOWEL SYNDROME (IBS)

Symptoms of IBS can be controlled by making changes to your diet. To ensure appropriate food choices and a balanced nutrition, it is essential to start managing your diet based on these tips.

Have **regular meal times** and allow more time to eat your food

Choose **soluble fibre** (such as psyllium or oats) over insoluble fibre (such as wheat bran)

Ensure adequate hydration and **limit** your intake of caffeine, alcohol and carbonated drinks.



Avoid large meals or eating late at night



Reduce intake of fatty, spicy and processed food



Do consult a dietitian for individualised dietary advice if your symptoms persist even after trying out the dietary tips above.

