



## *Irritable Bowel Syndrome*

---

Irritable bowel syndrome is defined as an abnormal stooling pattern associated with symptoms in intestinal dysfunction that persists for longer than 3 months. The symptoms usually vary between spastic constipation and "nervous" diarrhea. The cause is unknown, but dietary intolerance is listed among the possibilities. Attacks are often associated with emotional upsets or a prolonged period of stress.

Dietary strategy is to provide optimal nutrition and regular bowel motility, which means eating a variety of foods from the Food Guide Pyramid and gradually increasing dietary fiber to 20-30 grams per day. When fiber is increased in the diet it is also necessary to make sure to get 8-10 8 oz glasses of water per day.

### **Nutrition from the pyramid includes:**

6-11 Servings of Bread/Cereal/Rice/Pasta

3-5 Servings of Vegetable

2-4 Servings of Fruit

2-3 Servings of Dairy Products

2-3 Servings of Meat/Poultry/Fish/Dry Beans/Eggs/Nuts

Fats, Oils & Sweets—sparingly

### **Goals for fiber:**

20-30 grams of fiber per day

Increase fiber gradually to avoid gastric distress

Drink 8-10 8 oz cups of fluid to avoid constipation

35 grams of fiber or more is NOT recommended