

1. **Routine Dietary Advice for IBS patients**
 - Have regular meals and take time to eat
 - Avoid missing meals or leaving long gaps between eating
 - Drink at least eight cups of fluid per day, especially water or other non-caffeinated drinks, for example herbal teas
 - Restrict tea and coffee to three cups per day
 - Reduce intake of alcohol and fizzy drinks
 - It will help to limit intake of high fibre food (such as wholemeal or high fibre flour and breads, cereals high in bran, and whole grains such as brown rice)
 - Soluble fibre such as Isabghul (at night) and oats (in the morning) is good
 - Limit fresh fruit to three portions per day (a portion should be around 80 g).
 - Patients with diarrhoea should avoid sorbitol, an artificial sweetener found in sugar free sweets (including chewing gum) and drinks, and in some diabetic and slimming products.
 - Avoid processed foods.
 - Increase your activity levels with regular exercise.

2. **Low FODMAP diet** (Fermentable Oligo-, Di-, Monosaccharides, and Polyols) Items not to have as per the FODMAP diet
 - What is low FOODMAP diet ??
 - It is a diet been tried for IBS patients to a certain amount of success and can hugely benefit certain patients. Though a difficult diet to follow, you could definitely try out this diet if routine dietary restrictions provide inadequate relief. It is basically a diet of avoidance and the following items should be totally stopped from your diet for at least a month. If you feel the benefit it can be continued long term.

- Items to be stopped or minimized if cannot be avoided totally for low FOODMAP diet
 - Apples
 - Apricots
 - Barbeque sauce
 - Cabbage
 - Cherries
 - Chutney
 - Coconut
 - Corn syrup
 - Cottage cheese and cheese and milk
 - Dates
 - Fig
 - Fructose and high fructose corn syrup
 - Fruit juice concentrate
 - Garlic
 - Guava
 - Honey
 - Icecream
 - Lactitol
 - Legumes and pulses
 - Lentils
 - Mango
 - onion
 - papaya
 - pears
 - watermelon
 - plums and prunes
 - raisins
 - tomatoes
 - rye and wheat
 - wine