

IBS Diet Plan

Patient's Name:

Date:

Date of Birth:

Gender:

Referring Physician's Name:

Additional Notes:

Specific Instructions to Follow:

- Adopt a Low FODMAP Diet
- Adopt a Gluten-Free Diet
- Adopt the Elimination Diet
- Others:

Food List

What to Eat	What to Limit or Avoid
<ul style="list-style-type: none">• Lactose-free milk and yogurt• Fruits (e.g. bananas, blueberries, cantaloupe, grapefruit, oranges, and strawberries)• Vegetables (e.g. bean sprouts, carrots, chives, cucumbers, eggplant, lettuce, olives, potatoes, spring onions)• Protein (e.g. beef, pork, chicken, fish, eggs, and tofu)• Nuts/seeds (only 10-15 each of almonds, macadamia, peanuts, or walnuts)• Grain (e.g. oat, oat bran, rice, corn, quinoa, white rice, gluten-free pasta)	<ul style="list-style-type: none">• Lactose (e.g. cow's milk, yogurt, ice cream, custard, cottage/ricotta cheese)• Fructose (e.g. apples, pears, peaches, mangoes, pears, and watermelon, honey, agave, high fructose corn syrup)• Fructans (e.g. asparagus, broccoli, garlic, onions, wheat, rye, fiber)• GOS (e.g. soy products, chickpeas, lentils, and kidney beans)• Polyols (e.g. apples, apricots, pears, nectarines, cherries, plums, and watermelons)

IBS Diet Plan

Date:

Breakfast	
Lunch	
Dinner	
Snacks	

Notes:

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Breakfast	
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Dinner	
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Source:

Harvard Health. (2022, March 15). *Try a FODMAPs diet to manage irritable bowel syndrome*. <https://www.health.harvard.edu/diseases-and-conditions/a-new-diet-to-manage-irritable-bowel-syndrome>