

## ON DIET- IRRITABLE BOWEL SYNDROME

<b>TO BE TAKEN</b>	<b>TO BE AVOIDED</b>
<ul style="list-style-type: none"> <li>● Brown rice</li> <li>● Quinoa</li> <li>● Gluten free oats</li> <li>● Buckwheat</li> <li>● Millet</li> <li>● Corn, Maize</li> <li>● Sorghum</li> <li>● Original honey</li> <li>● Blueberries</li> <li>● Strawberries</li> <li>● Kiwi</li> <li>● Papaya</li> <li>● Beans sprouts</li> <li>● Pineapple</li> <li>● Almonds</li> <li>● Bell pepper</li> <li>● Peanuts</li> <li>● Pinenuts</li> <li>● Walnuts</li> <li>● Flax seeds</li> <li>● Avocado</li> <li>● Olive</li> <li>● Lactose free milk- oat milk, soy milk</li> </ul>	<ul style="list-style-type: none"> <li>● Leafy vegetables</li> <li>● Soft drinks</li> <li>● Legumes</li> <li>● Lentils</li> <li>● Asparagus</li> <li>● Cauliflower</li> <li>● Chicory leaves</li> <li>● Snow peas/ Green peas</li> <li>● Beans</li> <li>● Garlic</li> <li>● Onion</li> <li>● Wheat/Rye/Barley</li> <li>● Marinated meats/poultry</li> <li>● Sweetened honey</li> <li>● High fructose corn syrup</li> <li>● Sorbitol &amp; Mannitol</li> <li>● Cashews</li> <li>● Pistachios</li> <li>● Apple juice, cherries, dried fruit, mangoes, ice cream</li> </ul>