

Your Complete Guide to Grocery Shopping with IBS

Knowledge is power, and knowing your friendly foods can mean the difference between managing Irritable Bowel Syndrome symptoms and misery. This grocery list can help you select foods that help manage your IBS.

FRIENDLY FOODS

Choose these whenever possible.



Vegetables

Broccoli
Carrots
Green beans
Potato
Zucchini



Fruits

Blueberries
Cantaloupe
Grapes
Pineapple
Strawberry



Meats

Beef
Chicken
Pork
Turkey
Cold cuts such as ham and turkey breast



Fish and Seafood

Canned tuna
Salmon
Tuna
Lobster
Shrimp



Grains

Brown rice / whole grain rice
Corn tortillas
Peanuts
Popcorn
Pretzels



Condiments

Maple syrup
Mayonnaise: (with no garlic or onion)
Mustard
Peanut butter
Soy sauce



Dairy

Milk
Almond milk
Hemp milk
Lactose free milk
Butter
Cheddar
Mozzarella
Eggs

Yogurt

Coconut yogurt
Greek yogurt, in small amounts
Lactose free yogurt



Drinks

Alcohol

An irritant to the gut. Limited intake advised.

Beer: limit to one drink
Clear spirits such as Vodka
Gin
Whiskey
Wine: limit to one drink

Coffee

Espresso coffee:
Regular or decaffeinated, black
With up to 250ml lactose free milk
Instant coffee:
Regular or decaffeinated, black
With up to 250ml lactose free milk

Tea

Black tea, weak e.g. PG Tips
Chai tea, weak
Fruit and herbal tea, weak
(with no apple added)
Green tea
Peppermint tea
White tea



Herbs

Basil
Bay leaves
Cilantro
Coriander
Curry leaves
Fenugreek
Gotukala
Lemongrass
Mint
Oregano
Pandan
Parsley
Rampa
Rosemary
Sage
Tarragon
Thyme



Spices

All spice
Black pepper
Cardamon
Chilli powder
(with no garlic)
Cinnamon
Cloves
Cumin
Curry powder
Fennel seeds
Five spice
Goraka
Mustard seeds
Nutmeg
Paprika
Saffron
Star anise
Turmeric



Oils

Avocado oil
Canola oil
Coconut oil
Olive oil
Peanut oil
Rice bran oil
Sesame oil
Soybean oil
Sunflower oil
Vegetable oil
Garlic infused oil
Onion infused oil

FOODS TO AVOID

THESE FOODS CAN WREAK HAVOC ON YOUR SYSTEM.
SKIP THEM WHENEVER YOU CAN.



Vegetables

Garlic – avoid entirely if possible
Onions – avoid entirely if possible
Asparagus
Cauliflower
Mushrooms



Fruits

Apples
Blackberries
Cherries
Peaches
Pears
Watermelon



Meats

Chorizo
Sausages



Dairy

Buttermilk
Cream Cheese
Halmoumi Cheese
Ricotta Cheese
Cream
Custard
Gelato
Ice cream
Kefir
Milk:
Cow milk
Goat milk
Evaporated milk
Sheep's milk
Sour cream
Yogurt



Grains

Egg noodles
Muffins
Pastries
Cashews
Granola bars



Condiments

Hummus
Honey
Molasses
Pesto sauce

*For a tasty low FODMAP seasoning
try Paleo Powder FODMAP



Cooking ingredients

Carob powder



Drinks

More than one bottle of beer
More than one glass of wine
More than 100ml of orange juice
Sports drinks
Coconut water

GI ASSOCIATES

To make an appointment with one of our digestive
health experts, please call **877-442-7762**.

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