

IF YOU SUFFER FROM IBS, TRY TO AVOID THE BELOW

This list differs from a patient to another



Wheat



Onions



Garlic



Artichoke



Peas



Pistachio



Cashew



Chickpeas



Beetroot



Barley



Pear



Watermelon



Apple



Cherry



Mango



Peach



Apricot



Lentils



Honey



Custard



Ice-cream



Yogurt



Milk



Coffee



Tea

Do not exceed
3 cups a day



Drinks
containing
artificial
sweeteners



Gum that contains
artificial sweeteners
especially Sorbitol