

# Diet for IBS

## 7 Days



### MONDAY

Time	Menu
08:30 am	Lauki oats chilla with coriander chutney
11:00 am	Coconut water with 1 tbsp ground flax seeds
01:00 pm	Jowar roti (crushed or mashed with curry) + Pumpkin curry (very less spices) + Low-fat home set curd
04:00 pm	2 walnuts + 3-4 thin slices of pineapple
07:00 pm	Moong dal khichdi (soak moong dal for 3 hours before cooking) + Carrot beet-root salad (steamed salad)
09:00 pm	Ginger tea + 1 tbsp ground flax seeds

### TUESDAY

Time	Menu
08:30 am	Poha (Add peanuts) with fresh home-set curd (low-fat)
11:00 am	Cucumber ginger juice with 1 tbsp ground flax seeds
01:00 pm	Cooked and refrigerated rice + Palak moong ki dal + Cucumber and lettuce green salad (steamed)
04:00 pm	1 tbsp pumpkin seeds + 1 Orange
07:00 pm	Jowar roti + Raw banana curry/sabji
09:00 pm	Ginger tea + 1 tbsp ground flax seeds

### WEDNESDAY

Time	Menu
08:30 am	Quinoa upma (add carrots and beans)
11:00 am	Coconut water with 1 tsp chia seeds
01:00 pm	Ragi roti + Aloo palak sabji (use boiled and refrigerated potatoes) + Carrot raita (use low-fat home-set curd)
04:00 pm	2 walnuts + half cup Grapes
07:00 pm	Cooked and refrigerated rice + Green moong ki dal (soak the dal 3 hours before cooking)
09:00 pm	Ginger tea + 1 tbsp ground flax seeds

### THURSDAY

Time	Menu
08:30 am	Egg omelet + Lemon tea
11:00 am	Cucumber ginger juice with 1 tsp chia seeds
01:00 pm	Jowar roti (crushed) + Brinjal curry/sabji + Cucumber carrot lettuce salad (steamed salad)
04:00 pm	1 tbsp ground flax seeds +
07:00 pm	1 sweetlime Grilled/steamed fish (salmon/mackerel) + Lauki soup
09:00 pm	Ginger tea + 1 tbsp ground flax seeds

### FRIDAY

Time	Menu
08:30 am	Idli with 1 bowl sambar
11:00 am	Plain Chaach (use low-fat curd) + 1 tbsp flax seeds ground
01:00 pm	Jowar roti + Ghia/torai ki sabji + Any dal / low-fat home-set curd
04:00 pm	6-7 almonds + 1 Kiwi fruit
07:00 pm	Jowar roti + Egg bhurji + Steamed vegetable salad
09:00 pm	Ginger tea + 1 tbsp ground flax seeds

### SATURDAY

Time	Menu
08:30 am	Vegetable vermicelli (add carrots and capsicum)
11:00 am	Coconut water with 1 tbsp ground flax seeds
01:00 pm	Soya pulao + Cucumber carrot raita
04:00 pm	2 walnuts + Strawberries/grapes
07:00 pm	Bajra/ragi porridge with 1 tsp ghee
09:00 pm	Ginger tea + 1 tbsp ground flax seeds

### SUNDAY

Time	Menu
08:30 am	Vegetable uttapam with coriander chutney
11:00 am	Roasted makhana with 1 tbsp roasted flax seeds and 1 tbsp pumpkin seeds
01:00 pm	Cooked and refrigerated rice + Steamed or boiled chicken + Tomato cucumber salad
04:00 pm	2 walnuts with 1 bowl pineapple
07:00 pm	Ragi dosa with sambar (use very less spices and oil)
09:00 pm	Ginger tea + 1 tbsp ground flax seeds

## FOODS TO INCLUDE ✓

- **Low FODMAP Foods** – cucumber, carrot, potato, pumpkin, beans, eggplant, kiwi, pineapple, orange, berries, raw banana, plant-based milk, eggs, steamed/boiled chicken, fish, rice, oats, quinoa, walnuts, pumpkin seeds
- **Gluten Free Grains** – Jowar, ragi, bajra
- **Soluble Fiber Rich Foods (cellulose, pectins, lignins)** – leafy vegetables, fruits without skin, flax seeds
- **Low Calorie Foods** – fruits, vegetables, millets, eggs etc. Portion control is also necessary
- **Anti-Inflammatory Foods** – ginger, nuts like almonds and walnuts, spinach etc
- **Steamed Foods and Mashed Foods** - rotis can be mashed with vegetable curries and can be eaten, dalia, khichdi etc. Steamed chicken/fish and no spicy curries.

## FOODS TO AVOID ☹

- **Gluten-Containing Foods** – wheat, rye, barley
- **Foods rich in insoluble fiber** – wheat bran, whole grains
- **Calorie dense foods** – fried foods, bakery items
- **Cruciferous vegetables** – cabbage, broccoli, cauliflower
- **High FODMAP foods** – Apple, onion, watermelon, mango, milk, cheese, yoghurt, honey, cashews, pistachios, wheat
- **Dairy products** – if allergic to lactose
- **Tea, coffee and chocolate**
- **Caffeinated beverages**

Do's	Dont's
Eat small, frequent meals at every 2-3 hours.	Avoid intake of alcohol, caffeine, and carbonated beverages, spicy foods and fatty foods.
Eat the food slowly and chew it thoroughly.	Avoid wheat in the diet if you have gluten allergy and avoid milk products if you are intolerant to lactose.
Remove the skin of fruits and vegetables before consuming to restrict the intake of fructans.	Avoid prolonged usage of non-steroidal anti-inflammatory drugs like ibuprofen and aspirin.
Try to include more of cooked vegetables and less of raw salads in the diet.	Avoid talking while eating the food. Talking while eating leads to swallowing of air and causes intestinal gas.
Soak the legumes and pulses for at least 3-4 hours before cooking and consuming them.	

## MEDICAL EXPERT CONSIDERATIONS

Medical experts recommend this 7-day diet plan for IBS patients due to its emphasis on low FODMAP foods, which help reduce symptoms like bloating and gas. The plan includes gluten-free grains, soluble fiber, and anti-inflammatory foods, ensuring balanced nutrition while avoiding triggers. Key considerations are portion control, small frequent meals, and soaking legumes to enhance digestibility. Excluding high FODMAP foods, cruciferous vegetables, and dairy (if lactose intolerant) further aids in managing IBS symptoms effectively.

## PHYSIOLOGICAL BENEFITS

This 7-day diet plan for IBS offers significant physiological benefits by emphasizing low FODMAP foods, which reduce bloating, gas, and abdominal pain. Incorporating gluten-free grains and soluble fiber improves digestion and promotes regular bowel movements. Anti-inflammatory foods like ginger and nuts help soothe the gut lining, while small, frequent meals prevent overloading the digestive system. Soaking legumes enhances nutrient absorption and reduces gas formation, making this plan beneficial for overall digestive health and IBS symptom management.

## PHYSIOLOGICAL RISKS

While the 7-day diet plan for IBS is generally beneficial, there are potential physiological risks. Restricting high FODMAP foods and dairy can lead to nutrient deficiencies if not properly managed. Insufficient fiber intake might occur if not balanced with adequate soluble fiber sources, potentially causing constipation. Over-reliance on low-calorie foods may result in inadequate energy intake. Additionally, individual variations in IBS triggers mean some recommended foods might still provoke symptoms in certain individuals, necessitating personalized adjustments.