

HEALTHY FOOD FOR THE STOMACH

Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine. Signs and symptoms include cramping, abdominal pain, bloating, gas, and diarrhea or constipation, or both. IBS is a chronic condition that you'll need to manage long term.

Many people experience stomach discomfort from time to time even if they don't have a diagnosed stomach disorder. **Stress and anxiety can be causes of stomach issues.** It can be tricky to know what to eat to feel better and not make the condition worse. Below is a guide to help you decide what foods might be best when your stomach is feeling off due to diarrhea or constipation.

What is?

Constipation

- Fewer than three bowel movements a week that are difficult or painful to pass and may even feel like not all has passed
- Stools that are hard, dry, or lumpy
- You usually can take steps to prevent or relieve constipation such as exercise, more water intake and eating a well balanced diet

What is?

Diarrhea

- Loose, watery and possibly more frequent bowel movements
- May be present alone or be associated with other symptoms, such as nausea, vomiting, abdominal pain or weight loss
- Usually short-lived, lasting no more than a few days

Best to ingest

- Water, coffee
- Dried prunes, apricots, raisins, dates, figs
- Pears, plums, kiwi, grapes
- Raspberries, blackberries, strawberries
- Popcorn
- High fiber cereals such as oatmeal
- Yogurt and kefir
- Lentils
- Almonds, pecans, walnuts

Best to ingest

- Bananas
- Rice
- Applesauce, apple juice
- Toast
- Cooked cereal like Cream of Wheat or farina
- Unseasoned crackers
- Boiled potatoes

There are many conditions that might be mistaken for IBS. If you are experiencing signs or symptoms, it is important to speak to your doctor or health provider to better understand what is going on with your body. Here are just a few conditions that share similar symptoms to IBS:

- **Crohn's disease**, a type of inflammatory bowel disease (IBD); the most common symptoms are diarrhea, stomach ache and cramps, blood in your stool, fatigue, and weight loss
- **Ulcerative colitis**, a type of IBD that affects the colon and causes ulcers and inflammation
- **Celiac disease**, a chronic digestive and immune disorder that damages the small intestine; triggered by eating foods containing gluten, diarrhea is usually the main symptom
- **Stomach cancer**, may cause symptoms similar to IBS, such as belly pain, bloating, and a feeling of fullness.
- **Pancreatitis** can cause symptoms such as diarrhea, bloating, and belly pain

