

## **Diet Chart for (irritable bowel syndrome) IBS**

Irritable bowel syndrome (IBS) encompasses various digestive issues like gas, nausea, constipation, and bloating. It affects a significant global population due to modern lifestyles. Timely treatment is essential, primarily through dietary changes. A well-chosen IBS diet rich in fiber and essential minerals can alleviate symptoms. While dairy products are generally avoided, yogurt can be beneficial for symptom relief.

<b>Things to Avoid</b>	<b>Things to Addon</b>
<ul style="list-style-type: none"><li>● Avoid Caffeine or Alcohol</li><li>● Avoid eating high fibre legumes</li><li>● Avoid Processed Foods</li><li>● Avoid Dairy Products</li><li>● Avoid whole Nuts</li></ul>	<ul style="list-style-type: none"><li>● Choose Lean Meats &amp; Protein</li><li>● Eat Cooked Vegetables</li><li>● Eat Bland Food</li><li>● Eat Smaller Meals</li><li>● Keep a Food Diary</li></ul>

## Diet Plan for IBS

<b>Sunday</b>	
<b>Breakfast</b> (8:00-8:30A M)	2 potato stuffed chapatti + ½ cup tea
<b>Mid-Meal</b> (11:00-11:30AM)	1 cup Chhach
<b>Lunch</b> (2:00-2:30P M)	1 cup moong dal + 1 cup karela + 2 chapatti + ½ cup rice + 1/2 cup curd
<b>Evening</b> (4:00-4:30P M)	1 cup tea + murmure handful
<b>Dinner</b> (8:00-8:30P M)	1 cup dum aloo + 2 chapatti
<b>Monday</b>	
<b>Breakfast</b> (8:00-8:30A M)	1 cup vegetable poha + 1 cup curd
<b>Mid-Meal</b> (11:00-11:30AM)	1 cup coconut water
<b>Lunch</b> (2:00-2:30P M)	1 cup arhar dal + 1 cup ghia veg + 2 chapatti + ½ cup rice + 1/2 cup curd

<b>Evening (4:00-4:30P M)</b>	1 cup tea + 2 atta biscuits
<b>Dinner (8:00-8:30P M)</b>	1 cup carrot peas + 2 chapatti
<b>Tuesday</b>	
<b>Breakfast (8:00-8:30A M)</b>	1 cup vegetable idli + 1 cup curd
<b>Mid-Meal (11:00-11:3 0AM)</b>	1 apple
<b>Lunch (2:00-2:30P M)</b>	1 cup chana dal + 1 cup lotus stem and potato + 2 chapatti + ½ cup rice + 1/2 cup curd
<b>Evening (4:00-4:30P M)</b>	1 cup tea + handful makhane
<b>Dinner (8:00-8:30P M)</b>	1 cup mattar mushroom + 2 chapatti
<b>Wednesday</b>	
<b>Breakfast (8:00-8:30A M)</b>	2 carrot stuffed chapatti + ½ cup tea
<b>Mid-Meal (11:00-11:3 0AM)</b>	1 cup Chhach

<b>Lunch (2:00-2:30P M)</b>	1 cup masoor dal + 1 cup cabbage mattar + 2 chapatti + ½ cup rice + 1/2 cup curd
<b>Evening (4:00-4:30P M)</b>	1 cup tea + 1 toasted bread
<b>Dinner (8:00-8:30P M)</b>	1 cup tori + 2 chapatti
<b>Thursday</b>	
<b>Breakfast (8:00-8:30A M)</b>	2 moong dal cheela with paneer stuffing with green chutney
<b>Mid-Meal (11:00-11:30AM)</b>	1 cup coconut water
<b>Lunch (2:00-2:30P M)</b>	1 cup toor dal + 1 cup beans aloo + 2 chapatti + ½ cup rice + 1/2 cup curd
<b>Evening (4:00-4:30P M)</b>	1 cup tea + 2 hard toast
<b>Dinner (8:00-8:30P M)</b>	1 cup beans + 2 chapatti
<b>Friday</b>	
<b>Breakfast (8:00-8:30A M)</b>	2 stuffed chapatti + ½ cup tea/ 1 cup vegetable poha + 1 cup curd

<b>Mid-Meal (11:00-11:30AM)</b>	1 pear
<b>Lunch (2:00-2:30PM)</b>	1 cup rajma + 1 cup gobhi aloo + 2 chapatti + ½ cup rice + 1/2 cup curd
<b>Evening (4:00-4:30PM)</b>	1 cup tea + handful makhane
<b>Dinner (8:00-8:30PM)</b>	1 cup pumpkin + 2 chapatti
<b>Saturday</b>	
<b>Breakfast (8:00-8:30AM)</b>	1 cup vegetable bread upma + 1 cup curd
<b>Mid-Meal (11:00-11:30AM)</b>	1 cup Chhach
<b>Lunch (2:00-2:30PM)</b>	1 cup white chana + 1 cup paneer bhurji + 2 chapatti + ½ cup rice + 1/2 cup curd
<b>Evening (4:00-4:30PM)</b>	1 cup tea + 2 atta biscuits
<b>Dinner (8:00-8:30PM)</b>	1 cup bhindi + 2 chapatti

## **Food Items To Limit**

1. Dairy products for people who are lactose-intolerant.
2. High-fiber foods, such as raw fruits and vegetables, and whole grains, bran.
3. gas-producing foods such as cabbage, broccoli, and onions, and foods with hulls, such as seeds, nuts, and corn.
4. High-fat foods, such as fried foods, butter and margarine, mayonnaise, peanut butter, nuts, ice cream, and fatty cuts of red meat.
5. Spicy foods.
6. Foods with caffeine, such as chocolate, tea and coffee.
7. Carbonated drinks.
8. Alcohol.

## **WORKOUT**

- 10 min walk
- Anulom Vilom pranayama
- Leg raise
- Butterfly pose
- Bodyweight squats

[Dr. Deepika's Homeopathy](https://drdeepikashomeopathy.com/)  
[PF-23, TOT Mall, Sector-62, Noida](https://drdeepikashomeopathy.com/)  
[+91-7652005589](https://drdeepikashomeopathy.com/)  
<https://drdeepikashomeopathy.com/>