

Alabama Digestive Disorders Center

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Spastic Colon Diet

Following are recommendations for Irritable Bowel Syndrome (IBS) or Spastic Colon Diet:

- Have about 20 grams of soluble fiber every day from food (whole-grain breads, cereals, beans, fruits, and vegetables all contain fiber).
- Drink at least 64 oz of water every day.
- NO drinks with alcohol or caffeine or large amounts of artificial sweeteners. Avoid raw vegetables, tomato sauce, red meat.
- You can have as many cooked vegetables as you like but NO salads.
- You can have chicken, turkey, pork or fish but NO beef.
- Eating smaller meals more often, or eating smaller portions, may help your IBS symptoms.

As always please check the nutrition labels for all boxed and packaged foods.

Dietary Guidelines at <https://health.gov/dietaryguidelines/>

Eating, Diet, Nutrition for IBS at <https://www.niddk.nih.gov/health-information/digestive-diseases/irritable-bowel-syndrom/eating-diet-nutrition>