AgelessCoach™
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The IBS Food Plan

Seven groups to test, one fiber number, and the add-back log that ends the guessing.

CHECKED AGAINST TIER 1 GUIDANCE — NIDDK · MAYO CLINIC · DIETARY GUIDELINES FOR AMERICANS

1 ADD SOLUBLE FIBER SLOWLY, 2 TO 3 GRAMS A DAY

- **Soluble:** beans, fruit, oat products. The type research favors for IBS.
- **Insoluble:** whole grain products and vegetables. Useful, but less so here.
- **Target:** 22 to 34 g a day for adults. Today's total _____ g

2 TEST THE SEVEN GROUPS FOR A FEW WEEKS

- Fruits _____ Juice, dried fruit _____ Vegetables _____ Dairy _____
- Wheat and rye _____ Honey and HFCS _____ Ol sweeteners _____
- **Start** _____ **End** _____ · **Gluten is a separate test.** Run it after, not alongside.

The low FODMAP diet is a trial with an end date, not a permanent set of rules. NIDDK is explicit about that.

3 ADD ONE GROUP BACK AT A TIME AND LOG IT

- **One group only.** Then wait two or three days before you judge it.
- **Write it down:** date, food, what happened. The log is the whole answer.
- **Keep what passes.** Many people tolerate some FODMAP foods with no symptoms.
- A dietitian shortens this considerably. NIDDK recommends talking with one.

4 KNOW THE SYMPTOMS THAT ARE NOT IBS

- Symptoms starting after age 50, or unexplained weight loss.
- Rectal bleeding, fever, or repeated nausea and vomiting.
- Belly pain at night, or diarrhea that wakes you from sleep.

THE SEVEN GROUPS

Certain fruits	**TEST**
Certain vegetables	**TEST**
Dairy	**TEST**
Wheat and rye	**TEST**
Ol sweeteners	**TEST**
Beans, oats, fruit	**KEEP**

THE MISTAKE TO AVOID

Cutting all seven groups forever. The list narrows down your triggers. It was never meant to be your diet.

BEYOND THE LIST · YOUR NUMBER, THE SEVEN GROUPS, YOUR WHY

YOUR FIBER NUMBERS - *circle where you are today*

WHAT	NUMBER
Adult daily range	22 to 34 g
Add no faster than	2 to 3 g a day
Type research favors	Soluble
Soluble lives in	Beans, fruit, oats

A daily target to work toward, not a limit to stay under. NIDDK cites the Dietary Guidelines for Americans, 2020 to 2025.

THE GROUPS, NIDDK'S EXAMPLES - *test them, do not fear them*

Fruit and juice	Apples, pears, cherries	**TEST**
Certain vegetables	Onions, garlic, cauliflower	**TEST**
Dairy	Milk, soft cheese, yogurt	**TEST**
Wheat and rye	Cereal, bread, pasta	**TEST**
Honey and HFCS	Honey, sweetened foods	**TEST**
Ol sweeteners	Sorbitol, mannitol, xylitol	**TEST**

Dried fruit rides with the fruit row. All seven groups are listed in step 2.

WHY THESE FOODS AND NOT OTHERS - *what is actually happening*

- ✓ FODMAPs are carbohydrates that are hard to digest
- ✓ Undigested, they ferment and make gas
- ✓ Gas and stretching drive the pain and bloating
- ✓ Soluble fiber softens stool and eases constipation

FODMAPs sit in certain grains, vegetables, fruits and dairy (Mayo Clinic). Sensitivity varies, which is why this is a test.