

# IBS Tracker

DATE:

M T W T F S S

## FOOD LOG

BREAKFAST

LUNCH

DINNER

SNACKS

## WATER



## SUPPLEMENTS

## MEDICINE

## MOOD

## PAIN

1 2 3 4 5 6 7 8 9 10

## PHYSICAL SYMPTOMS

## BOWEL MOVEMENTS

- |                                 |                                 |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> TYPE 1 | <input type="checkbox"/> TYPE 5 |
| <input type="checkbox"/> TYPE 2 | <input type="checkbox"/> TYPE 6 |
| <input type="checkbox"/> TYPE 3 | <input type="checkbox"/> TYPE 7 |
| <input type="checkbox"/> TYPE 4 | <input type="checkbox"/> NONE   |

## Types of IBS

**IBS-C:** This stands for irritable bowel syndrome with constipation and is the most common subtype of IBS with.

**IBS-D:** This stands for irritable bowel syndrome with diarrhea.

**IBS-M:** This type of IBS is known as irritable bowel syndrome mixed, a mix of diarrhea and constipation.

Finding the perfect IBS diet plan can be challenging since there's no one-size-fits-all solution. A whole-health approach, considering lab work and food sensitivities, is best for determining the ideal diet for irritable bowel syndrome (IBS).

A low-FODMAP diet, which eliminates high-FODMAP foods temporarily, can be beneficial. About 75% of IBS patients have found symptom relief with this diet, which can be followed short-term or long-term, depending on individual needs.

Try to avoid	HIGH FODMAP	Focus on	LOW FODMAP
	<p><b>FRUITS</b></p> <ul style="list-style-type: none"> <li>• Apples</li> <li>• Dried fruit</li> <li>• Cherries</li> <li>• Mango</li> <li>• Nectarines</li> <li>• Peaches</li> <li>• Pears</li> <li>• Plums</li> <li>• Watermelon</li> </ul> <p><b>VEGETABLES</b></p> <ul style="list-style-type: none"> <li>• Artichoke</li> <li>• Asparagus</li> <li>• Cauliflower</li> <li>• Garlic</li> <li>• Green peas</li> <li>• Mushrooms</li> <li>• Onion</li> <li>• Sugar snap peas</li> </ul> <p><b>DAIRY</b></p> <p><b>HIGH-FIBER-FOODS</b></p> <ul style="list-style-type: none"> <li>• If you have IBS-D it might be best to avoid eating more fiber as this can make symptoms worse.</li> </ul> <p><b>NUTS AND SEEDS</b></p> <p><b>WHEAT</b></p> <ul style="list-style-type: none"> <li>• Even if you're not gluten intolerant, wheat contains fructans, a type of FODMAP that can provoke IBS symptoms.</li> </ul>		<p><b>FRUITS</b></p> <ul style="list-style-type: none"> <li>• Cantaloupe</li> <li>• Kiwi fruit</li> <li>• Mandarins</li> <li>• Oranges</li> <li>• Pineapple</li> </ul> <p><b>VEGETABLES</b></p> <ul style="list-style-type: none"> <li>• Eggplant</li> <li>• Green beans</li> <li>• Bok choy</li> <li>• Green bell pepper</li> <li>• Carrots</li> <li>• Cucumber</li> <li>• Lettuce</li> <li>• Potatoes</li> <li>• Zucchini</li> </ul> <p><b>HIGH-FIBER-FOODS</b></p> <ul style="list-style-type: none"> <li>• If you have IBS-C fiber-rich foods could have a positive effect on your symptoms.</li> </ul>
<b>SUPPLEMENTS</b>			
<i>Talk with your medical practitioner to identify the right supplements for you.</i>			
			<ul style="list-style-type: none"> <li>• Probiotics</li> <li>• Prebiotics</li> <li>• Butyrate - to fuel your gut cells, strengthen the gut lining and heal leaky gut.</li> <li>• IgG - for your Immune Health</li> </ul>

## BOWEL MOVEMENT TYPES

### BRISTOL STOOL CHART

IBS-C   CONSTIPATION		IDEAL STOOLS		IBS-D   DIARRHEA AND URGENCY		
<b>TYPE 1</b> Separate hard lumps, like nuts (hard to pass)	<b>TYPE 2</b> Sausage-shaped, but lumpy	<b>TYPE 3</b> Like a sausage, but with cracks on its surface	<b>TYPE 4</b> Like a sausage or snake, soft and smooth	<b>TYPE 5</b> Soft blobs with clear-cut edges (passed easily)	<b>TYPE 6</b> Fluffy pieces with ragged edges, a mushy stool	<b>TYPE 7</b> Watery, no solid pieces ENTIRELY LIQUID