

IRRITABLE BOWEL SYNDROME



Clinical Resource... 24x7



Diet Chart: South India





IBS Diet Chart: South India



	<p><u>EARLY MORNING</u></p> <p>1 glass warm water/ aloe vera juice</p>	
	<p><u>BREAKFAST</u></p> <ul style="list-style-type: none"> • 1 bowl jowar daliya /vegetable poha /oats + 1 bowl curd/1 egg white • Idli/Plain dosa with chutney • Serving Egg omelet (2 eggs) <p>If hungry before Lunch, you can take:</p> <ul style="list-style-type: none"> • 1 bowl boiled moong dal (with salt and lemon) • 1 serving of fruit • 1 glass buttermilk <p>Fruits that can be included: Banana, guava, strawberries, oranges</p>	
	<p><u>LUNCH</u></p> <ul style="list-style-type: none"> • Curd rice + boiled carrot + 1 glass buttermilk • Multigrain (no wheat)/millet roti (medium size) + 1 cup rice and 1/2cup sambhar/dal/ 1cup fish curry/ chicken curry (not too spicy) +1 cup mixed vegetables +1 glass buttermilk • Vegetables that can be included: carrot, pumpkin, tomato, potato, gourd, sweet potato, eggplant Vegetables that can be avoided: onion, cabbage, cauliflower, peas, garlic 	
	<p><u>EVENING SNACKS</u></p> <ul style="list-style-type: none"> • 1 serving of fruit (Papaya/ banana/ Orange) + 1 cup curd/2 boiled eggs • Small size oats pancakes (uttapam) / Rice flour Appam 	

IBS Diet Chart: South India



	<p><u>DINNER</u></p> <ul style="list-style-type: none"> • 1 cup pumpkin soup/vegetable soup + 1 cup vegetable chicken+1 Gluten free roti/1 bowl white rice • 1 cup khichdi (moong dal/ oats/ vegetable) + 1 cup curd or buttermilk 	
	<p><u>BEDTIME</u></p> <p>1 cup almond milk or sugar-free soymilk (Plain)</p>	

Disclaimer: This diet chart is reviewed by a registered Dietician. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment for any medical condition

Reference:

1. Banka P. Indian Diet Plan for Irritable Bowel Syndrome (IBS) [Internet] [Updated Jun 21, 2019]. Available at: <https://www.dietburrrp.com/indian-diet-plan-for-irritable-bowel-syndrome-ibs/>. Accessed on Aug 20, 2020. 2. Banka P. Low Fodmap diet Indian Version (Fodmap India) [Internet] [Updated Apr 18, 2020]. Available at: <https://www.dietburrrp.com/low-fodmap-diet-indian-version-fodmap-india/>. Accessed on Aug 20, 2020. 3. Chauhan M. Diet Plan for IBS (Irritable Bowel Syndrome) [Internet] [Updated May 9, 2019]. Available at: <https://www.planetayurveda.com/library/diet-plan-for-irritable-bowel-syndrome/>. Accessed on Aug 20, 2020. 4. Monash university FODMAP Foods .[Internet] Available at <https://www.monashfodmap.com/about-fodmap-and-ibs/high-and-low-fodmap-foods/>. Accessed on Aug 29 2020.