IBS DIET TIP SHEET

BY CLEANLY CONSUMED



Make Changes in your lifestyle and see improvement! The IBS Diet, combined with the best probiotics, is key to supportive healing.



CONSIDER FIBER

Chia & Flax Seeds and Gluten Free Oats. Fruits & Vegetables. *Test a High & Low Fiber Diet



LOW FAT DIET

Trim Meats, Add-in Cold Water Wild Caught Fish. Fruits and Veggies. Less Frying & More Steaming.



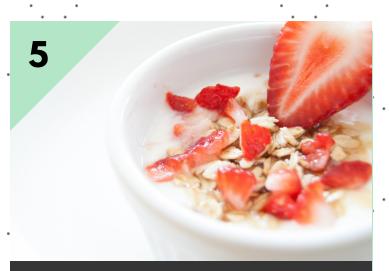
GLUTEN FREE

If eating any grains, remove
Gluten from all recipes to calm
and soothe the gut. Consider
Oats, Arrowroot Starch & Cassava
Flours.



LOW FODMAP

Follow a Low-FODMAP diet, using an Air Fryer will reduce unhealthy oils. Print Low Fodmap List and refer to when shopping.



SUPPORTIVE DAIRY

Organic &Grass Fed Dairy or Raw Milk from a Trusted Source, High Quality Yogurt. *Make own yogurt



QUALITY PROBIOTIC

High Quality Probiotic. Spore-Based that survive heat and natural acids within the digestive system. Rotate Foods for Bacteria Diversity.