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## 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.

1



### CONSIDER FIBER

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

2



### LOW FAT DIET

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

3



### GLUTEN FREE

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

4



### LOW FODMAP

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

5



### SUPPORTIVE DAIRY

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

6



### QUALITY PROBIOTIC

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