Around 90% of patients with Irritable Bowel Disease feel that their diet is an important part of treatment. 80% of these patients feel they do not receive the proper guidance about how to appropriately acquire essential nutrients through food.

**THE GOOD**

**INCREASE LENGTH OF REMISSION WITH:**
- Take medications as prescribed
- Practice relaxation
- Fiber containing foods found in barley, legumes, nuts, seed oats, onions, garlic, rye, fruit, and vegetables
- Fish
- Bananas
- Yogurt

**THE BAD**

**DIETS WITH MIXED REVIEWS FOR RELIEF OF SYMPTOMS**
- Gluten-free

**THE UGLY**

**TRIGGERS TO AVOID TO PREVENT A FLARE**
- NSAIDs including ibuprofen or naproxen
- Stress
- Linoleic acid found in red meats, cooking oils, butter, margarine, and sausage
- Spicy food including curry
- Sugar and other carbohydrates
- Sulfur-containing foods and beverages especially beer and wine

Based on an original article by Tiara Teders in BU Well Volume 2

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