

## Irritable Bowel Syndrome (IBS): Wind and bloating

Your name: \_\_\_\_\_

Your dietitian: \_\_\_\_\_

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### Introduction

When certain types of carbohydrate reach the bowel they are fermented by gut bacteria which can result in wind and bloating. The following advice may be helpful in improving symptoms of wind and bloating.

### Dietary fibre

Dietary fibre is food that passes undigested through the human gut. Different types of fibre (insoluble and soluble) exert different effects on the digestive system.

### Insoluble fibre

Foods such as bran, whole grain and whole wheat breads, cereals, pasta and brown rice are high in insoluble fibre and can worsen symptoms of wind and bloating. If you have a high intake of insoluble fibre you may want to try decreasing this and eat more soluble fibre foods instead.

### Soluble fibre

Foods containing soluble fibre include oats (e.g. oat based cereals or porridge) and linseeds. These may help to improve symptoms of wind and bloating.

#### How to use linseeds:

- Start with 1 teaspoon of linseeds per day and gradually build up to a maximum of 2 level tablespoons per day. It does not matter whether seeds are golden or brown, whole or ground.
- Drink an extra 150mls with every tablespoon of linseeds.
- Add linseeds to foods such as breakfast cereals, yogurts and soups.
- Give your bowels up to 3 months to adjust to the linseeds.

### Fruit

Fruit contains fructose, a sugar that is not completely digested in some people with IBS. Limit fresh and dried fruit to 3 portions per day, including a maximum of one small glass of

fruit juice. One portion of fruit is about 80g. Include extra vegetables to make sure you reach the recommended “5 a day.”

### Probiotics

Probiotics are good bacteria found in certain food products and may also be bought as supplements. Probiotics can help to improve the balance of bacteria in the gut, and there is emerging evidence that they can also improve symptoms of IBS.

There are a range of different probiotic products available, each containing different types and quantities of bacteria. If you choose to try a probiotic you may wish to start by trying a yoghurt or fermented milk drink. You should use the product as directed by the manufacturer for a minimum of 4 weeks, monitoring the effect on your symptoms. If a product does not appear to have any effect, then consider trying a different brand and speak with your dietitian for further advice.

### Fluid

- Drink at least 8 to 10 cups (1.5 to 2 litres or 3 to 4 pints) of fluid per day, especially water or other non-caffeinated drinks such as, herbal teas or squash.
- Limit caffeinated drinks (e.g: tea, energy drinks, coffee and cola) to a maximum of 3 cups per day.
- Restrict your intake of fizzy drinks as these can aggravate irritable bowel syndrome (IBS) symptoms.
- Keep to recommended limits for alcohol with at least 2 alcohol free days per week. Men and women should have no more than 14 units per week (2 to 3 units per day).

### Starchy foods

Starchy foods such as potatoes, rice, pasta, and bread that have been reheated, cooked and cooled, or processed contain more of a type of starch that is not completely digested by the body, potentially leading to wind and bloating.

#### Choose:

- Freshly cooked potatoes, boiled rice, pasta and bread

#### Limit the following:

- Ready meals containing potato, rice or pasta.
- Part baked and reheated breads (e.g. garlic bread and pizza).
- Potato, rice or pasta salads.
- Potato snacks (e.g: crisps, potato waffles and chips).

This document can be made available in other languages and formats upon request.

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