

# The role of Nutrition in Irritable Bowel Syndrome



IBS, Irritable Bowel Syndrome, means that the intestines are not doing their job properly. The best-known complaints are a painful or swollen abdomen, flatulence, diarrhea or constipation. Most people have multiple complaints.



What you eat and drink can give you intestinal complaints. Figuring out which foods and drinks cause this is not easy. Independently following a special diet (such as FODMAP-diet) can make symptoms worse.

Ask a dietician for support with this



There is a lot of information about PDS on the internet.

**NOTE:** Not all tips and advices will reduce your complaints.

Some tips will make your complaints worse.

Ask your doctor or dietitian any questions about this.



A dietician can guide you to reduce your IBS complaints. This doesn't mean that you can no longer eat or drink anything or that you have to follow a very strict diet. Together with the dietitian you'll will set achievable goals. Small adjustments often have a big effect.

Usually you have a few conversations with a dietician.



Everyone is entitled to 3 hours of reimbursement from the dietician per year. These costs are deducted from your health care insurance.

What's IBS?



<https://youtu.be/heaTyMRr3sk>

Find a dietician



<https://nvdietist.nl/vind-een-dietist/>

Patient associatio IBS



<https://www.pdsb.nl>