

# Katas Integrative Health

## IBS and Nutrition

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### Introductory List

#### Food to Enjoy

##### Fruits

apples, kiwi, figs, berries,  
pears, honeydew melon

##### Vegetables

green leafy vegetables,  
brussel sprouts, green  
beans, avocado, water  
chestnuts

##### Dairy

alternative milk, nonfat  
greek yogurt, kefir, grass-  
fed butter

##### Nuts and Seeds

almonds, chia, ground  
flaxseed, pecans, walnuts

##### Protein

wild caught fish, organic  
meats

#### Food to Avoid

white bread, pasta, crackers

unripe fruit

baked goods such as  
cookies, cakes, muffins

white rice

fast or fried foods

full-fat cream and dairy

creamy soups

pork products

beverages high in sugar

alcohol (especially beer)

processed foods

processed sugar