

## IBS: Diet and IBS Resistant Starches

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This dietary advice sheet gives some general information to help you change your diet. If you need more detailed advice, or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.

### What Are Resistant Starches?

Resistant starches are a type of dietary fibre, which are not completely digested by the body.

They enter the bowel where they ferment and produce gas. This can cause symptoms such as bloating and wind in some people.

Resistant starches are found in some processed and reheated foods.

To reduce your intake of resistant starches:

- Cook fresh food where possible
- Eat food when it is freshly cooked
- Reduce your intake of the following foods:

### Resistant Starches in Food

Undercooked or re-heated potato, maize or corn (eat them freshly cooked and still hot)  
Oven chips, potato waffles, and other processed potato products (choose baked or boiled potatoes)  
Dried pasta (use fresh pasta)  
Ready meals containing potato or pasta, such as lasagne, shepherd's pie and macaroni cheese  
Potato salad and pasta salad  
Crisps  
Fried rice (choose freshly cooked, plain boiled rice)  
Part-baked or re-heated breads such as garlic bread or pizza bases  
Manufactured biscuits and cakes  
Sweetcorn  
Green bananas  
Pulses  
Whole grains  
Muesli that contains bran