# Foods and Functional Abdominal Pain / IBS

## By Dr. Stan

Foods in the left column tend to cause more gas production, cramping, and bloating, and should be avoided. Foods in the right column tend to cause less gas and cramping.

However, every child is different, and this chart should only be used as a starting point to help figure out what foods trigger abdominal pain.

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| NO **Lactose-containing foods**: milk, ice cream, fresh / soft cheeses such as feta or mozzarella, some yogurts  **Fruits**: ANY fruit juice, ANY dried fruit, apple, peach, mango, pear, canned fruit, watermelon, apricot, cherry, nectarine, plum, prune  **Vegetables**: beans, lentils, chickpeas, sugar snap peas, artichoke, asparagus, beets, broccoli, Brussels sprouts, cabbage, fennel, garlic, leek, okra, onion, pea, shallot, cauliflower  **Cereals**: LARGE amounts of gluten-containing grains like rye/wheat  **Sweeteners**: honey, high fructose corn syrup, isomalt, maltitol, mannitol, sorbitol, xylitol (and any other –ols) | YES **Lactose-free** milk, lactose-free ice cream, almond milk, rice milk, sorbet (so long as none sweetened with high fructose corn syrup!), hard cheeses (extra sharp cheddar, parmesan)  **Fruits (IN MODERATION)**: banana, blueberry, cantaloupe, grape, grapefruit, honeydew, kiwi, lemon, orange, lime, strawberry  **Vegetables**: carrot, tomato, celery, eggplant, green beans, lettuce, spinach, squash, green part of green onions, chives, bamboo shoots  **Cereals**: rice, gluten-free flour, spelt  **Sweeteners**: sucrose (table sugar), glucose, maple syrup, aspartame, saccharine |