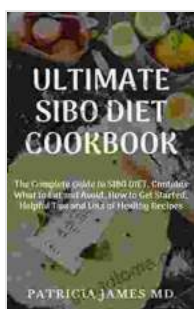


The Complete Guide to SIBO Diet: What to Eat and Avoid, How to Get Rid of SIBO

SIBO, or small intestinal bacterial overgrowth, is a condition in which there is an excessive amount of bacteria in the small intestine. This can lead to a variety of symptoms, including bloating, gas, abdominal pain, diarrhea, and constipation.



ULTIMATE SIBO DIET COOKBOOK: The Complete Guide to SIBO DIET, Contains What to Eat and Avoid, How to Get Started, Helpful Tips and Lots of Healthy

Recipes by Sally Thomas

★★★★☆ 4.2 out of 5

Language : English

File size : 941 KB

Screen Reader : Supported

Print length : 100 pages

Lending : Enabled



The SIBO diet is a specialized diet that can help to reduce the number of bacteria in the small intestine and relieve symptoms.

What to Eat on the SIBO Diet

The SIBO diet is low in fermentable carbohydrates, which are the types of carbohydrates that feed the bacteria in the small intestine. Fermentable carbohydrates include:

- FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols)
- Fructose
- Lactose
- Sorbitol
- Mannitol

The SIBO diet is also high in fiber, which can help to bind to bacteria and remove them from the small intestine.

Some of the foods that are allowed on the SIBO diet include:

- Meats and poultry
- Fish and seafood
- Eggs
- Vegetables that are low in FODMAPs, such as leafy greens, carrots, and celery
- Fruits that are low in FODMAPs, such as berries, bananas, and apples
- Rice
- Potatoes
- Bread and pasta that are made from gluten-free grains

What to Avoid on the SIBO Diet

The main foods to avoid on the SIBO diet are fermentable carbohydrates.

This includes:

- FODMAPs
- Fructose
- Lactose
- Sorbitol
- Mannitol

Other foods that may trigger SIBO symptoms include:

- Dairy products
- Gluten
- Soy
- Corn
- Legumes
- Nuts and seeds
- Processed foods
- Sugary drinks

How to Get Rid of SIBO

There are a number of things you can do to get rid of SIBO, including:

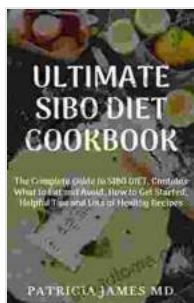
- Following the SIBO diet

- Taking antibiotics
- Taking probiotics
- Improving your gut health

If you are experiencing symptoms of SIBO, it is important to see a doctor to get a diagnosis and treatment plan.

The SIBO diet is a specialized diet that can help to reduce the number of bacteria in the small intestine and relieve symptoms. The diet is low in fermentable carbohydrates and high in fiber. There are a number of other things you can do to get rid of SIBO, including taking antibiotics, probiotics, and improving your gut health.

If you are considering trying the SIBO diet, it is important to talk to your doctor first.



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