

# Healthy-Eating Symptom Translation Worksheet

Use this when a healthier, Mediterranean-style, plant-rich, or anti-inflammatory pattern made IBS symptoms louder.

Change	What increased?	Symptom	Timing	Next simplification
More legumes	fiber or FODMAP load			
More whole grains	fiber style			
More raw vegetables	volume or FODMAP load			
More nuts, oil, avocado	fat load			
More fermented foods	product or serving			
More bars or powders	label ingredients			

## Review

- Did many variables change at once?
- Which change is easiest to test first?
- Can the same food be tried cooked, smaller, simpler, or less often?