



Eating Well and Managing Irritable Bowel Syndrome

Class Handouts

The handouts listed below may be used during the class. Click on the names to view them. We encourage you to review the handouts before the class and write down questions you have.

- [Irritable Bowel Syndrome](#)
- [Bowel and Symptom Journal](#)
- [Eat More Soluble Fibre](#)
- [Tips to Spend Less Money on Food](#)



<https://www.ahs.ca/info/Page16878.aspx>



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