The dietary intake (DI) of South African PATIENTS WITH THE irritable bowel syndrome (IBS) was assessed.  This was compared to: 1) international recommendations and 2) RECOMMENDATIONS FOR  the normal healthy population.  Participants completed three day food records.  IBS participants ate significantly lower than recommended amounts for fiber, calcium, iron and folate.  DI didn’t differ between IBS patients and healthy controls.  Dietary INTAKE adjustments may have been MADE by patients to minimise symptoms and this led to nutritionally deficient diets.

South African PATIENTS WITH THE irritable bowel syndrome eat significantly lower than THE recommended amounts for fiber, calcium, iron and folate.