

Ileocecal Valve Syndrome

In order to avoid irritation, **do not** eat the following foods:

Roughage, raw fruits and vegetables*, spicy foods, caffeine, cocoa, and alcohol.

Coarse cereals, popcorn, peanuts, and potato chips.

Spicy foods such as chilies, tacos, pepper, and most condiments.

*Fruits and vegetables may be eaten if cooked