

FODMAPS and IBS

Irritable bowel syndrome (IBS) affects up to one in five adults.

It is a condition which produces gut symptoms including abdominal pain, intestinal gas/wind, bloating, and changed bowel habit (ranging from diarrhoea to constipation). Symptoms can often interfere with day to day activities and lead to a reduced quality of life.

A wide range of treatments have been tried to control IBS symptoms including various medications, laxatives, and lifestyle changes. Most people with IBS believe that their symptoms are related to the consumption of certain foods, but advice in this area has been confusing, perhaps till now.

An Australian research team has developed the **Low FODMAP diet** – to control symptoms associated with IBS. In Australia, the low FODMAP diet is increasingly being used as the main treatment for IBS, rather than medication.

So what does FODMAP stand for?

FODMAPs stands for **F**ermentable **O**ligo-saccharides, **D**i-saccharides, **M**ono-saccharides And **P**olyols). So what does that mean in English?

Carbohydrates can be present in different forms in foods. These include long-chain carbohydrates (e.g. starch) and simple sugars (e.g. glucose). These are both well-digested and absorbed to produce energy.

Fibre and resistant starch (eg bran) are long-chain carbohydrates resistant to digestion and are important for making a soft bulky stool and to give the bowel "something to hold onto".

Then there are short-chain carbohydrates, or **FODMAPs** which are problematic for people with IBS. They are poorly absorbed in the small intestine and rapidly fermented by bacteria in the gut. The production of gas by these bacteria is a major contributor to symptoms.

However a wide number of health benefits have been attributed to some FODMAPs, for example some are well known prebiotics, stimulating the growth of good bacteria in the gut. For this reason it is important to note that **the Low FODMAP diet is not a No FODMAP diet and it is not a lifetime diet.** We recommend that this diet is followed for **6–8 weeks** and then reviewed. You can gradually re-introduce some foods back into your diet and note which ones you can get away with and others which may trigger symptoms off again. **Many people can return to their usual diet with just a few high FODMAP foods that need to be avoided.**

High FODMAPs Foods (Try to avoid for 6-8 weeks)

Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes

Wheat containing cereals such as (check the labels):	
Biscuits	Wheat cereals
Breadcrumbs	Wheat rolls
Cashews	Barley
Cakes	Bran cereals
Egg noodles	Couscous
Regular noodles	Pistachios
Pastries	Rye
Pasta made from wheat	Semolina
Udon noodles	
Wheat bread	

Sweets, Sweeteners and Spreads

Agavae	Inulin
Fructose	Isomalt
High fructose corn syrup (HFCS)	Maltitol
Honey	Mannitol
Milk chocolate	Sorbitol
Sugar free sweets	Xylitol

Prebiotic Foods

The following items can be added to yoghurts, snack bars etc:

FOS – fructooligosaccharides
Inulin
Oligofructose

Drinks

Beer – if drinking more than one bottle	Dandelion tea
Fruit and herbal teas with apple added	Rum
Orange juice in quantities over 100ml	Sports Drinks
Sugar free fizzy drinks – such as diet coke	Wine, if drinking more than one glass

Dairy Foods

Buttermilk	Margarine
Cream cheese	Milk – cow, goat and sheep
Cream	Sour cream
Custard	Yoghurt – including greek yogurt
Ice cream	

Low FODMAPs Foods (good to eat foods)

Vegetables and Legumes

Alfalfa	Kale
Bean sprouts	Leek leaves
Bok choy / pak choi	Lentils – in small amounts
Broccoli – avoid large servings	Lettuce
Brussel sprouts	Okra
Butternut squash – 1/4 cup	Olives
Cabbage	Parsnip
Carrots	Parsley
Celery – less than 5cm of stalk	Radish
Corn / sweet corn- if tolerable and only in small amounts – 1/2 cob	Red peppers (red bell pepper)
Courgette	Potato
Chick peas – 1/4 cup	Pumpkin
Chilli – if tolerable	Scallions / spring onions (green part)
Chives	Spinach, baby
Cucumber	Squash
Eggplant / aubergine	Sweet potato – 1/2 cup
Fennel	Tomato – avoid cherry tomato
Green beans	Turnip
Green pepper (green bell pepper)	Zucchini
Ginger	

Fruit

Bananas	Lemon including lemon juice
Blueberries	Lime
Boysenberry	Mandarin
Cantaloupe	Orange
Cranberry	Passion fruit
Clementine	Paw paw
Dragonfruit	Papaya
Grapes	Pineapple
Honeydew and Galia melons	Raspberry
Kiwifruit	Rhubarb
	Strawberry

Meats, Poultry and Meat Substitutes

Chicken	Quorn, mince
Beef	Turkey
Lamb	Cold cuts / deli meat / cold meats
Pork	

Fish and Seafood

Canned tuna	Seafood (ensuring nothing else is added) e.g.
Fresh fish e.g.	Crab
Salmon	Lobster
Cod	Shrimp
Haddock	Mussels
Plaice	Oysters
Trout	

Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes

Wheat free or gluten free breads	Millet
Bread made from oats, rice, corn, and potato flours	Oats
Wheat free or gluten free pasta	Oatcakes
Buckwheat noodles	Peanuts
Rice noodles	Pecans – max of 15
Porridge and oat based cereals	Pine nuts – max of 15
Cornflakes – 1/2 cup	Polenta
Rice bran	Popcorn
Rice Krispies	Potato chips, plain
Almonds – max of 15	Pumpkin seeds – max of 1 – 2 tbsp
Amaranth	Quinoa
Buckwheat	Rice cakes
Brown rice / whole grain rice	Rice crackers
Crispbread	Sesame seeds – max of 1 – 2 tbsp
Corncakes	Sunflower seeds – max of 1 – 2 tbsp
Coconut – milk, cream, flesh	Sorghum
Hazelnuts – max of 15	Tortilla chips
Macadamia – max of 10	Walnuts – max of 10
	White Rice

Condiments, Sweets, Sweeteners and Spreads

Aspartame	Glucose
Barbecue sauce	Jam / jelly, strawberry
Chocolate, dark	Maple syrup
Chutney	Marmalade
Fish sauce	Mustard
Golden syrup	Olive oil
Oyster	

Drinks

Alcohol – is an irritant to the gut, limited intake advised:	Fruit and herbal tea – ensure no apple added
Beer – limited to one drink	Lemonade – in low quantities
Clear spirits such as Vodka	'Sugar' Fizzy drinks (i.e. not diet/sugar free version) – such as lemonade, cola
Gin	Soya milk
Whiskey	Water
Wine – limited to one drink	Fruit and herbal tea – ensure no apple added

Dairy Foods and Eggs

Butter	Lactose free milk
Cheese, brie	Lactose free yoghurt
Cheese, camembert	Oat milk
Cheese, cheddar	Parmesan cheese
Cheese, cottage	Rice milk
Cheese, feta	Sorbet
Cheese, mozzarella	Soy protein (avoid soya beans)
Cheese, ricotta – 2 tablespoons	Swiss cheese
Cheese, swiss	Tempeh
Dairy free chocolate pudding	Tofu
Eggs	Whipped cream
Gelato	

Cooking ingredients

- Cocoa powder