FODMAP EDUCATION

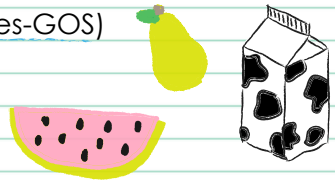
FODMAPs 101

What are FODMAPs?

FODMAPs are a group of small chain carbohydrates (sugars and fibers) that are commonly malabsorbed in the small intestine. FODMAPs are abundant in the diet and can be found in everyday foods such as: wheat, barley, rye, apples, pears, mango, onion, garlic, honey, kidney beans, cashew nuts, agave syrup, sugar free gum, mints and some medicines, to name a few. Up to 75% of those who suffer with irritable bowel syndrome (IBS) will benefit from dietary restriction of FODMAPs. Research has shown the low FODMAP diet improves gastrointestinal (GI) symptoms (gas, bloating, pain, change in bowel habits) related to IBS.

FODMAPs is an acronym that stands for:

F fermentable
O oligosaccharides (fructans and galacto-oligosaccharides-GOS)
D disaccharides (lactose, milk sugar)
M monosaccharide (excess fructose)
A and
P polyols (sugar alcohols such as mannitol and sorbitol)



What is the low FODMAP diet?

The low FODMAP diet is a 2-6 week elimination diet that involves removing high FODMAP foods from the diet to assess whether FODMAP rich foods are triggering your GI symptoms.

The low FODMAP diet is a learning diet rather than one that you stay on forever. The goal of the diet is to help you determine your personal dietary triggers. After the low FODMAP elimination diet phase, a dietitian will guide you on how to re-introduce FODMAPs, in a methodical manner, to assess your tolerance to various FODMAP containing foods. Many people will find they can liberalize their FODMAP diet restrictions and only need to restrict *some* high FODMAP foods. The low FODMAP diet should be implemented with the help of a FODMAP knowledgeable dietitian to help you navigate the many nuances of the diet and to help you develop a personalized, well-balanced eating plan.

DO NOT SELF DIAGNOSE

If you are troubled by GI symptoms, be sure to consult with your doctor; don't self diagnose! Your health professional can rule out more serious intestinal conditions such as: celiac disease, colon cancer, or inflammatory bowel disease. Bloating can also be a sign of ovarian cancer, another important reason to consult with your physician if you are experiencing bloating, gas and alteration in bowel habits.

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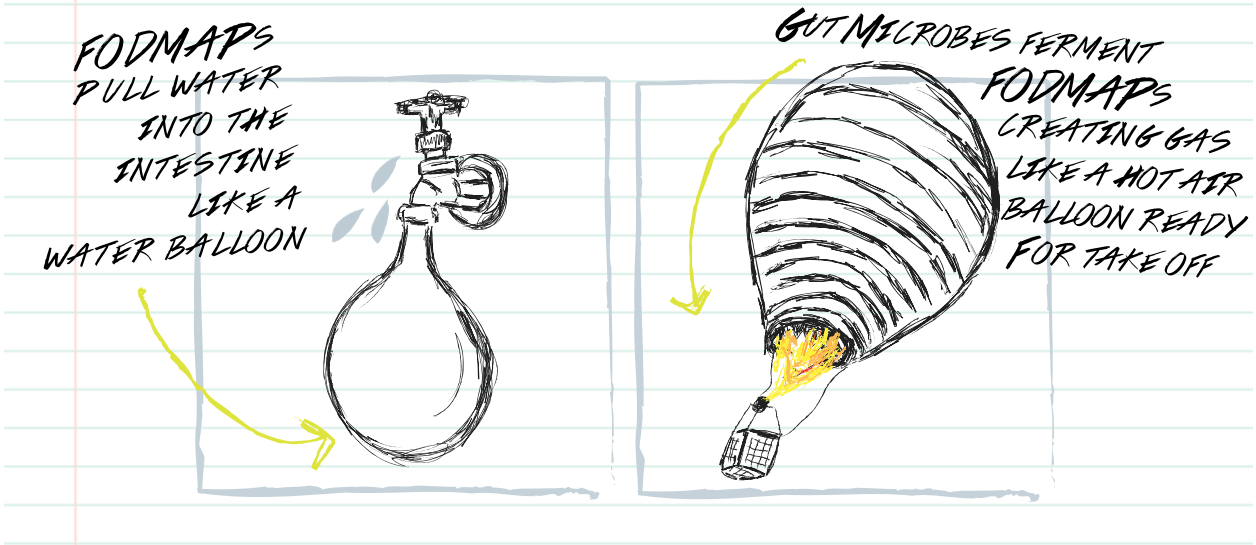
Sample of high FODMAP food sources:

LACTOSE	EXCESS FRUCTOSE	FRUCTANS	GOS	POLYOLS
MILK	APPLES	DRIED FRUIT	LEGUMES	APPLES
CUSTARD	BOYSENBERRY	NECTARINE	PISTACHIOS	APRICOTS
ICE CREAM	FIGS	PERSIMMON	CASHEWS	BLACKBERRIES
YOGURT	MANGO	WATERMELON		NECTARINE
MILK POWDER	PEARS	ARTICHOKE		PEACH
RICOTTA CHEESE	WATERMELON	GARLIC		PEARS
COTTAGE CHEESE	ASPARAGUS	ONION		CAULIFLOWER
	ARTICHOKE	WHEAT, BARLEY, RYE		MUSHROOMS
	SUGAR SNAP PEAS	CHICORY ROOT EXTRACT		
	HIGH FRUCTOSE CORN SYRUP	INULIN ADDITIVES		SUGAR ALCOHOL ADDITIVES: ISOMALT, MANNITOL, SORBITOL, MALTITOL
	HONEY			
	AGAVE			

Why do FODMAPs trigger symptoms for individuals with IBS?

Because FODMAPs are very small carbohydrates, they can pull water into the small intestine. This can contribute to diarrhea in an individual with a fast moving intestine. For the individual more prone to constipation, you may feel like you have a water balloon in the middle of your gut! Additionally, FODMAPs are fast food for your gut microbes. Don't worry, everyone has microbes living in their intestine! These bacteria, yeast and single cell organisms can help you digest your food, create vitamins and help keep your immune system healthy. When microbes ferment FODMAPs, the gas they produce fills up and stretches your intestine; this can contribute to bloating, abdominal pain, and cramping in individuals with a sensitive GI tract. The combination of gas and water in the intestine can alter the movement of the intestine and contribute to diarrhea or constipation.



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