

IBS & THE LOW FODMAP DIET

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What is IBS?

Irritable Bowel Syndrome (IBS) **affects 1 in 7 (~15%)** of the world's population. Despite how it may feel, there is no physical damage to the gut, it is due to a dysregulation between the gut and brain.

Symptoms may include:

Abdominal pain and discomfort, distension, bloating, cramping, excessive wind, constipation and/or diarrhoea.

What is the Low FODMAP Diet?

The low FODMAP diet was created based on scientific research by Monash University. It is a systematic approach to identify food triggers and reduce symptoms.

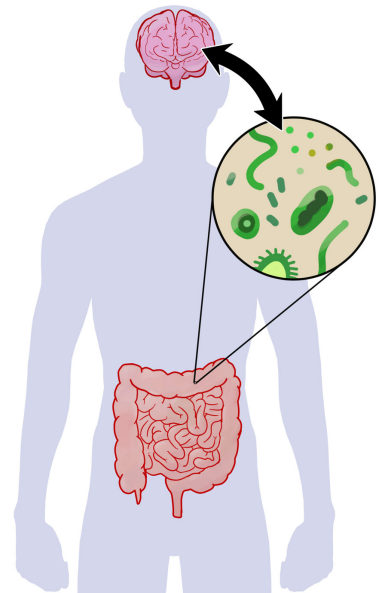
FODMAPs are sugars that aren't probably absorbed in the small intestine. They move through to the large intestine or colon where they can trigger symptoms in people with IBS.

Research has shown **3 out of 4 people with IBS experience symptom improvement within 2-6 weeks on the low FODMAP diet.**

This is a **short term diet** to identify food triggers and reintroduces them in a way that suits your body.

The low FODMAP diet proven to:

- 1 Reduce Pain & Discomfort
- 2 Reduce Bloating & Distension
- 3 Reduce Diarrhoea &/or Constipation
- 4 Improve Quality of Life





The Process

Phase 1: Restrict

Reduce the amount of FODMAP foods in the diet

Phase 2: Challenge

Trial FODMAP foods to identify how much of each food group can be tolerated

Phase 3: Personalise

Reintroduce all foods & learn how to manage symptoms

Where are FODMAPs found?

Oligosaccharides

Onions, garlic, wheat, barley, rye, inulin, some dried fruit & legumes

Disaccharides

Foods which contain lactose; milk, yoghurt, some soft cheese's, cream

Monosaccharides

Some fruits, vegetables, juices, dried fruits and sweeteners

And Polyols

Cauliflower, mushrooms, stone fruit and artificially sweetened products

FAQs

How long do FODMAPs take to trigger gut symptoms?

It takes on average 4-24 hours for FODMAPs to make their way through the digestive system to the large colon and trigger symptoms.

Can I use a food sensitivity test instead?

Unlike with allergies, there are no valid tests which can accurately identify food sensitivity. The most accurate way is through the low FODMAP diet.

If I feel better after Phase 1, why can't I stop there?

Research shows being on the low FODMAP diet for too long can have a negative effect on our gut microbiome (which is linked to over 70 diseases). The end goal is to be able to eat all foods safely with limited symptoms.

Why should I see a dietitian?

As with any diet, the low FODMAP diet may compromise nutrient intake. A dietitian will support and guide you through the low FODMAP diet safely to make sure the process is completed correctly and in a timely manner.

About

Sarah is an Accredited Practising Dietitian with experience in gastrointestinal and women's health. She has completed specialist dietetic training in FODMAPs and IBS, Prenatal Nutrition and Eating Disorders.

Need some help?

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Please note - this is general diet advice only. For a personalised assessment and advice please contact Wholelife Nutrition.