

# Nutrition News

## Low FODMAP Diet for IBS

Dr Sue Shepherd developed the low FODMAP diet in 2001. She has proven, through her pioneering PhD research, that limiting dietary FODMAPs is an effective treatment for people with symptoms of Irritable Bowel Syndrome (IBS). The low FODMAP diet has been published in international medical journals and is now accepted and recommended as one of the most effective dietary therapies for IBS.

### What are the FODMAPs?

FODMAPs are found in the foods we eat. FODMAPs is an acronym for:

- 1) Fermentable
- 2) Oligosaccharides (eg. Fructans and Galactans)
- 3) Disaccharides (eg. Lactose)
- 4) Monosaccharides (eg. excess Fructose)
- 5) Polyols (eg. Sorbitol, Mannitol, Maltitol, Xylitol and Isomalt)

These are complex names for a collection of molecules found in food that can be poorly absorbed by some people. When the molecules are poorly absorbed in the small intestine of the digestive tract, these molecules then continue along their journey along the digestive tract, arriving at the large intestine, where they act as a food source to the bacteria that live there normally. The bacteria then digest/ferment these FODMAPs and can cause symptoms of Irritable Bowel Syndrome (IBS).

Symptoms of Irritable Bowel Syndrome include abdominal bloating and distension, excess wind (flatulence), abdominal pain, nausea, changes in bowel habits (diarrhea, constipation, or combination of both), and other gastro-intestinal symptoms.

### How do I go on the FODMAPs diet?

During your elimination trial, it is recommended that you eliminate all FODMAPs either significantly or entirely. Most people will begin to feel significantly better within a few hours and a few days, but will take up to two weeks to feel fully healthy. A minority of people reported that it took up to three months to fully recover.

### Reintroducing foods/Moving beyond elimination phase

Once you are symptom-free, you may attempt to reintroduce foods in order to determine exactly what was causing your symptoms. There are really no established guidelines on how to best do this – it varies from individual to individual. Key concepts, however, follow:

- Write it down! Keep a food diary and be specific. Your future self will thank you.
- Only reintroduce one food at a time.
- Wait ~72 hours for symptoms to reappear before moving on to the next food.

*If you're interested in the trying a low FODMAP diet, please contact us to book an appointment:*



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