

# Charlotte Debeugny

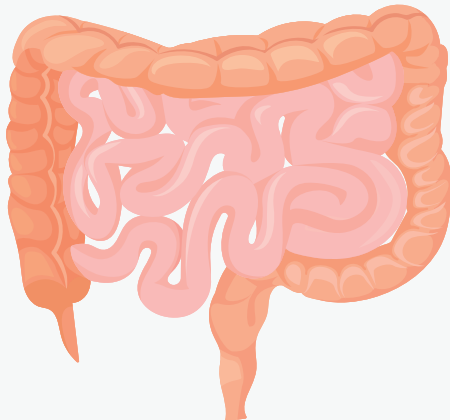
NUTRITIONIST AND AUTHOR



## Irritable bowel and the FODMAP diet

### What is irritable bowel?

Irritable bowel syndrome (IBS) is a chronic disorder of the gut. It is common, affecting roughly one in seven adults with symptoms which include cramping, abdominal pain, bloating, gas and diarrhoea or constipation. These symptoms can vary in onset, severity and duration. **There is no physical explanation for the symptoms as the digestive tissues appear normal and there is no increased risk of developing gastrointestinal disease.**



**There are currently no tests which can formally diagnose irritable bowel. All other possible reasons for your digestive symptoms will be ruled out first, such as infection, inflammation and celiac disease.** If these tests are clear, you will be given the diagnosis of having a functional disorder of the gut, known as irritable bowel!

### Irritable bowel, allergies and food intolerances – what is the difference?!

Food allergies trigger immediate symptoms such as itching, skin rashes and wheezing and well as digestive symptoms, such as abdominal pain, nausea and vomiting after consuming a particular food. Intolerance symptoms tend to occur less rapidly, are less severe and dosage dependant. A small amount of a particular food might be tolerated. Irritable bowel can be described as having an intolerance to certain foods as the symptoms are similar – bloating, cramps and gas.

### What causes IBS?

The causes of IBS are not completely understood. There are possible factors like genetics and prior adverse life experiences (e.g., infection, trauma) that can predispose someone to develop IBS.

IBS is also described as having a 'sensitive' gut, which is either not able to move waste products effectively along the colon and / or is hypersensitive to certain foods, stress, infections and hormonal fluctuations.

### Commons symptoms of IBS

Common symptoms include bloating, cramps, gas, mucus in the stool, constipation and/or diarrhoea. Other symptoms linked to irritable bowel can include tiredness, back pain and cystitis. Weight loss, fever and blood in stools are not symptoms of IBS and require medical investigation by your doctor.

## The FODMAP diet can help to reduce the severity of irritable bowel symptoms!

### What is the low FODMAP diet?

The Low FODMAP diet is the first scientifically proven diet to help in relieving symptoms of Irritable Bowel Syndrome (IBS). It was developed by researchers from the Monash University in Australia in the early 2000s. A low-FODMAP diet improves overall digestive symptoms in approximately 70% of adults with IBS.

### The FODMAP Acronym Stands for :

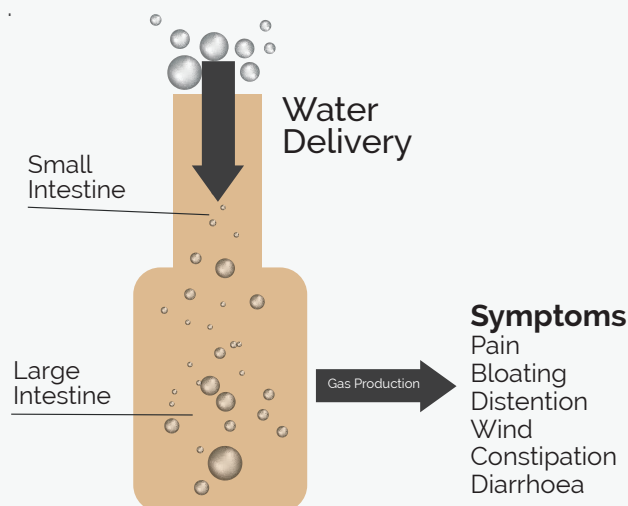
- F** Fermentable (sugars that are rapidly broken down by bowel bacteria)
- O** Oligosaccharides – (less than 10 sugars – Fructans & GOS)
- D** Disaccharides – (two sugar molecules – Lactose)
- M** Monosaccharides – (one sugar molecule – Fructose)
- A** And
- P** Polyols – (sugar alcohols – Sorbitol, manitol, etc.)

## What are FODMAPS?

The term FODMAP describes five groups of carbohydrates (sugars) that are poorly digested by people suffering from IBS. These (poorly digested) sugars can trigger symptoms when they are broken down by bacteria in the colon. FODMAPs cause the bowel to distend by absorbing more fluid and generating excessive gas.

**You do not need to permanently eliminate FODMAPs from your diet as some high FODMAP foods are beneficial for health!**

The aim of a low FODMAP diet is to identify specific foods which trigger symptoms. All foods which are high in FODMAP are eliminated for a short period, before being slowly reintroduced, in small quantities while carefully monitoring symptoms. This helps to identify whether a specific group might be problematic, or whether the issue is the total quantity of high FODMAP foods which are consumed.



## Foods high in FODMAPS

### THE FODMAPS DIET

#### EXCESS FRUCTOSE

##### FRUITS

Apple, Mango, Nashi, Pear, Tinned fruit in natural fruit watermelon

##### SWEETENERS

Fructose, High Fructose corn syrup, Concentrated fruit sources, large servings of fruit, dried fruit, fruit juices, honey, corn syrup, fruisana

#### LACTOSE

##### MILK

From Cows, Goats, Sheep, Custard, Icecream, Yogurt.

##### CHEESES

Soft unripened cheese, such as cottage cheese, cream, mascarpone, ricotta.

#### FRUCTANS

##### VEGETABLES

Asparagus, beatroot, Broccoli, Brussel sprouts, Cabbage, Eggplant, Fennel, Garlic, Leek, Orkra, Onion,

##### CEREALS

Wheat and Rye

##### FRUIT

Custard apple, Permisson, Watermelon,

##### MISC

Chicory, Dsandilion, Inulin.

#### GALACTANS

##### LEGUMES

Baked beans, Chickpeas, Kidney beans, Lentils

#### POLYOLS

##### FRUITS

Apple, Apricot, Avocado, Blackberry, Cherry, Lichi, Nashi, Necturine, Peach, Pear, Plum, Prune.

##### VEGETABLES

Cauliflower, Bellpeppers, Mushroom, Sweetcorn.

##### SWEETENERS

Sorbitol, Mannitol, Isomalt, Maltitol, Xylitol

## Phases of the Low FODMAP Diet:

### 1 Elimination Phase

Remove foods that are high in FODMAPs and replace them with Low FODMAP alternative. Monitor symptoms for 2-6 weeks.

### 2 Reintroduction Phase

This phase occurs only after the symptoms have improved. High FODMAP foods can slowly be added back into the diet. Generally, this is done by specific sugar groups, though some people prefer to start adding back in the foods they have missed the most! From the results of the reintroduction, it will be possible to determine a customized 'digestion diet' to manage your irritable bowel symptoms.