

# TREATING IBS WITH A 3-STEP FODMAP DIET

Developed by Monash University researchers, the Monash University Low FODMAP Diet™ limits foods that have been shown to irritate the gut and cause IBS symptoms like bloating, gas, constipation, diarrhoea and pain. These foods are high in a group of sugars called FODMAPs:

Fermentable Oligosaccharides Disaccharides Monosaccharides And Polyols

‘WE SUGGEST A LOW FODMAP DIET FOR  
OVERALL SYMPTOM IMPROVEMENT IN IBS.’

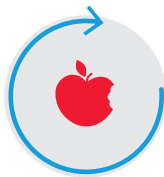
Ford, AC et al, ACG Task Force on Management of IBS. American College of Gastroenterology Monograph on Management of IBS, The American Journal of Gastroenterology, Volume 113, 2018.



## STEP 1

### Low FODMAP Diet

Follow a low FODMAP diet by swapping high FODMAP foods for low FODMAP alternatives. Aim is to induce symptom control.



## STEP 2

### FODMAP Reintroduction Diet

A low FODMAP diet continued. Food challenges (using foods high in only 1 FODMAP group) are used to determine which FODMAPs are tolerated, and which are not. Aim is to identify individual FODMAP sensitivities.



## STEP 3

### FODMAP Personalization Diet

Well tolerated FODMAPs are included, while poorly tolerated FODMAPs restricted, but only to a level that provides adequate symptom relief. Aim is establish a minimally restrictive, ‘personalised FODMAP diet’ for the long term.

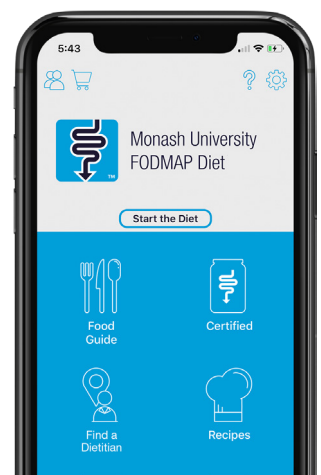


**MONASH  
FODMAP  
APP**

The 3-Step FODMAP diet can easily be followed with the support of the Monash University FODMAP Diet App and a Monash FODMAP trained dietitian.

Visit the App Store, Google Play or Amazon to download the app. Find FODMAP trained dietitians via the Monash FODMAP app and website.

[monashfodmap.com](http://monashfodmap.com)





## STEP 1 LOW FODMAP DIET

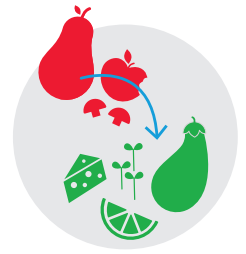
(2 - 6 weeks)

High FODMAP foods are swapped for low FODMAP alternatives.

Traffic light colours in the app indicate **high**, **moderate** and **low** FODMAP foods. Eat mostly **low** FODMAP foods in this step.



Use the **Food Guide** in the **Monash FODMAP app** to find out what to eat.



## STEP 2 FODMAP REINTRODUCTION

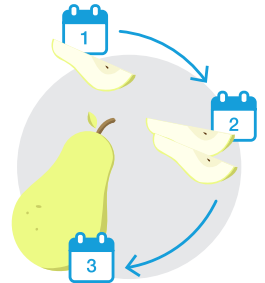
(8 - 12 weeks)

If your symptoms improve in step 1, it is time to reintroduce FODMAPs. Remain on a low FODMAP diet during this step.

Challenge each FODMAP group separately (fructose, lactose, sorbitol, mannitol, fructans, GOS). Include 1 reintroduction food daily for 3 days to identify which FODMAPs you tolerate and which trigger symptoms.



Find **reintroduction foods** and record symptom responses in the **Diary** of the **Monash FODMAP app**.



## STEP 3 FODMAP PERSONALIZATION

(Long-term diet)

You should now understand which FODMAPs you tolerate and which trigger your IBS symptoms.

Well tolerated foods and FODMAPs can be included in your diet.



Set the **Filters** in the **Monash FODMAP app** to tailor the **Food Guide** to suit your personal FODMAP sensitivities.



## HIGH FODMAP FOODS AND

## LOW FODMAP ALTERNATIVES

### Vegetables

Artichoke, asparagus, garlic, green peas, leek, mushrooms, onion, red capsicum (bell pepper)

Aubergine/eggplant, bean(green), bok choy, green capsicum (bell pepper), carrot, cucumber, lettuce, potato, bean shoots, zucchini (1/5 cup or 65g)

### Fruits

Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon

Cantaloupe (3/4 cup or 120g), kiwi fruit (green), mandarin, orange, pineapple, strawberries (5 mediums)

### Dairy and alternatives

Cow's milk, custard, evaporated milk, ice cream, soy milk (made from whole soybeans), sweetened condensed milk, yoghurt

Almond milk, brie/camembert cheese, feta cheese, hard cheeses, lactose-free milk, soy milk (made from soy protein)

### Protein sources

Most legumes/pulses, some marinated meats/poultry/seafood, some processed meats

Eggs, firm tofu, plain cooked meats/poultry/seafood, tempeh

### Breads and cereal products

Wheat/rye/barley based breads, breakfast cereals, biscuits and snack products

Gluten free corn flakes, oats, quinoa flakes, quinoa/rice/corn pasta, rice cakes (plain), sourdough spelt bread, wheat/rye/barley free breads

### Sugars/ sweeteners & confectionery

High fructose corn syrup, honey, sugar free confectionery

Dark chocolate, maple syrup, rice malt syrup, table sugar

### Nuts and seeds

Cashews, pistachios

Macadamias, peanuts, pumpkin seeds, walnuts