MONASH University

THE 3-STEP FODMAP DIET FOR GASTROINTESTINAL SYMPTOMS IN ENDOMETRIOSIS

Around 3/4 of women with endometriosis report troublesome gastrointestinal symptoms, such as abdominal pain, bloating, gas/wind, diarrhoea and pain opening bowels. New research has shown a low FODMAP diet relieves these gastrointestinal symptoms in about 6/10 sufferers.

Developed by Monash University, the low FODMAP Diet limits foods that can trigger gastrointestinal symptoms in people with endometriosis. Foods restricted on this diet are high in a group of sugars called FODMAPs:

Fermentable Oligosaccharides Disaccharides Monosaccharides And Polyols

"THIS TRIAL PROVIDES HIGH-QUALITY DATA SUPPORTING THE USE OF A LOW FODMAP DIET TO IMPROVE GASTROINTESTINAL SYMPTOMS AND QUALITY OF LIFE IN PATIENTS WITH ENDOMETRIOSIS."

STEP 1
Low FODMAP Diet

Follow a low FODMAP diet by swapping high FODMAP foods for low FODMAP alternatives. Aim is to relieve gastrointestinal symptoms.

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 trigger gastrointestinal symptoms. Aim is to identify individual FODMAP sensitivities.

STEP 3
FODMAP Personalization Diet

Well tolerated FODMAPs are brought back into the diet, while poorly tolerated FODMAPs restricted, but only to a level that provides adequate relief of gastrointestinal symptoms. Aim is establish a minimally restrictive, 'personalized FODMAP diet' for the long term.

Some women notice a worsening of gastrointestinal symptoms (especially abdominal pain, bloating and diarrhoea) just before or and during their period. If this is the case for you, consider following your personalised low FODMAP diet at these times of your cycle, and returning to your usual diet at other times of your cycle.

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

Monash University FODMAP Diet

Start the Diet
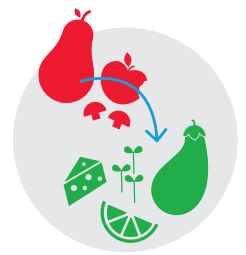
Food Guide

Certified

Find a

Recipes

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 seperately (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.**
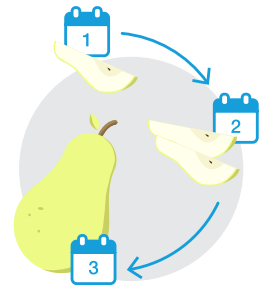
STEP 3
FODMAP
PERSONALIZATION
(Long-term diet)

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

	HIGH FODMAP FOODS	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

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Download the FODMAP App

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