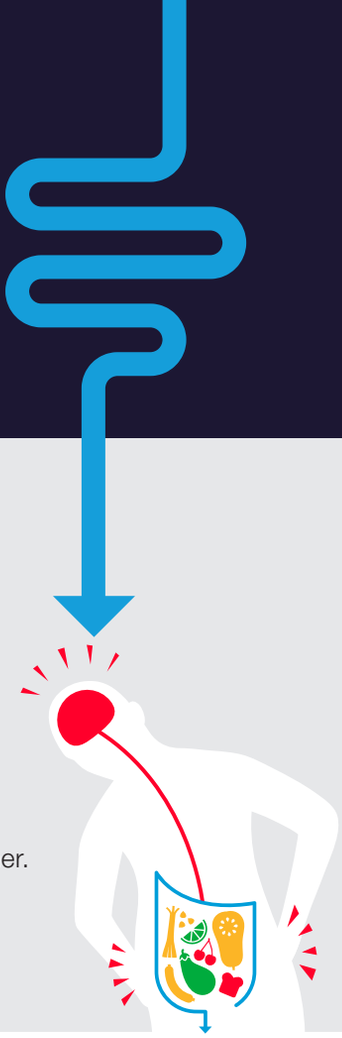
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FODMAP GENTLE DIET



What is IBS?

Irritable Bowel Syndrome (IBS) is a common gastrointestinal condition impacting up to 10% of people. It affects the small and large bowel. IBS causes abdominal pain with either diarrhoea or constipation, or a mix of both.

People with IBS may also experience:

- Bloating
- Excessive flatulence
- Abdominal distention

It is common that symptoms can 'come and go', change in severity or present in a different manner.

IBS can have a big impact on quality of life and daily activities. Sleep, relationships, work, ability to travel long distances, mood and sexual relationships can all be affected.

The cause of IBS is unclear, but a number of factors are thought to play a role.

Increased gut sensitivity

Altered gut transit time

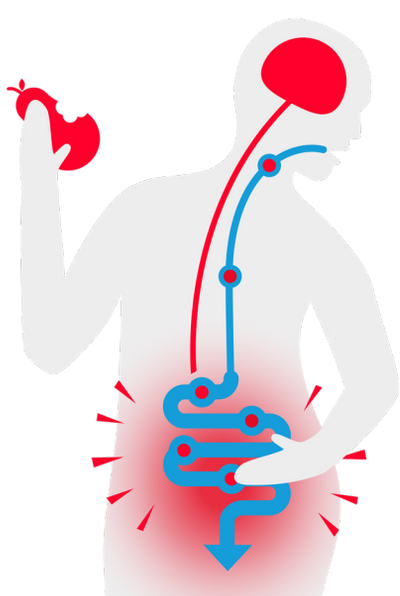
Increased communication between the gut and brain

Changes to gut bacteria

We have some very successful treatments for IBS, including the FODMAP diet.

What are FODMAPs?

Fermentable Oligosaccharides Disaccharides Monosaccharides And Polyols



FODMAPs are a group of carbohydrates that are not fully digested or absorbed in our intestines. In the small intestine they can attract water. In the large intestine they are fermented by gut bacteria, making gas as a result. The extra gas and water can cause the intestinal wall to stretch and expand.

People with IBS often have a more sensitive bowel wall and this stretching can result in symptoms such as pain, discomfort, bloating, change in bowel habits (constipation or diarrhoea) and passing wind.

FODMAP Gentle diet

Dietary changes can help manage IBS symptoms. A FODMAP gentle diet is a less restrictive approach to the FODMAP diet. If your dietitian recommends a FODMAP gentle diet, the idea is restrict fewer foods and only those which are very high in FODMAPs and/or suspected to trigger symptoms.

High FODMAP foods that might be swapped for low FODMAP foods on a FODMAP gentle diet:

FOOD CATEGORY	AVOID (HIGH FODMAP)	SWAP WITH (LOW FODMAP)
Grains	Wheat, rye, barley based breakfast cereal, bread, pasta	Wheat free products, sourdough spelt bread, rice, quinoa, corn products (such as tortillas or polenta), fruit free muesli, rolled oats, gluten free pasta, gluten free bread
Vegetables	Onion, garlic, leek, mushrooms*	Garlic/onion infused olive oils. All other vegetables are OK to include
Fruit	Apple, pear, dried fruit, watermelon, stone fruit, fruit juice	Oranges, mandarins, banana, kiwifruit, berries, passionfruit
Dairy	Milk and yoghurt**	Lactose free products or dairy alternatives***
Meat/alternatives	Legumes	Meat, tofu, eggs, chickpeas/lentils (canned + drained)
Sweeteners	Honey, sugar free products containing sorbitol, mannitol, maltitol	Table sugar, maple syrup

*Only restrict if frequently consumed. **There is no need to restrict dairy products if you know you tolerate lactose.
***Choose calcium fortified dairy alternatives.

STEP 1 - LOW FODMAP DIET

Identify the foods in your diet that are high FODMAP and choose a low FODMAP swap.

Replace high FODMAP foods with low FODMAP foods from the same food group.

Follow this for 2-6 weeks.

If your symptoms do not improve adequately after 2-6 weeks, stop the FODMAP diet and return to your usual diet.

STEP 2 - FODMAP REINTRODUCTION

After 2-6 weeks, it is time to start reintroducing or 'challenging' each FODMAP group. **Your dietitian will guide you through this step.**



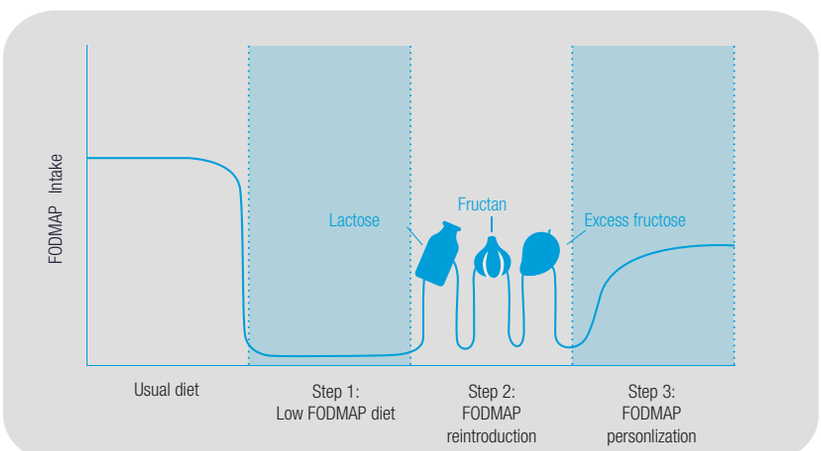
STEP 3 - FODMAP PERSONALISATION

After you have completed Step 2, it is time to bring well tolerated foods and FODMAPs back into your diet.

Long term, the aim is to follow a minimally restrictive diet that relieves IBS symptoms.

Any foods you did not tolerate can be continued to be swapped for a low FODMAP alternative.

FODMAP INTAKE OVER THE 3 PHASED FODMAP DIET



Remember

- Try to minimise the number of foods you restrict from your diet
- Some symptoms are normal (e.g. small amount of wind or bloating)
- Some people can tolerate small amounts of high FODMAP foods occasionally
- Repeat challenges of poorly tolerated FODMAPs in 3-6 months as tolerance can change
- Sleep and stress can affect your IBS symptoms too

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