MONASH University

STEP 1
LOW FODMAP DIET

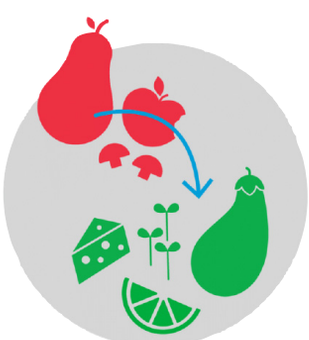
What are FODMAPs?

FODMAPs are sugars that are poorly absorbed in our gut. FODMAPs are found in a range of foods, including fruits, vegetables, whole grain foods, dairy products and beans and legumes. FODMAP is an abbreviation for the following types of sugars:

FERMENTABLE	
OLIGOSACCHARIDE *(carbohydrate chains of many simple sugar units)*	Fructan and GOS (commonly found in whole grains, beans, legumes and nuts)
DISACCHARIDE *(two simple sugar units)*	Lactose (found in dairy foods)
MONOSACCHARIDE *(one simple sugar)*	Fructose (commonly found in fruits, honey and some vegetables)
AND	
POLYOLS *(sugar alcohols)*	Mannitol and sorbitol (commonly found in vegetables and some fruits)

As FODMAPs travel through our gut, they attract water into our small intestine and get rapidly fermented in the large intestine, producing gas. In people with irritable bowel syndrome (IBS), the build up of water and gas in the gut can cause symptoms, such as abdominal pain, bloating, distension, constipation and/or diarrhoea. You may be intolerant to only one or more types of FODMAPs.

Who should use a low FODMAP diet?



A low FODMAP diet is a therapeutic diet for people with medically diagnosed IBS. In people with IBS, reducing the amount of FODMAPs in the diet can improve symptom control.

Studies show that around 50-70% people with IBS experience improved gastrointestinal symptoms on a low FODMAP diet.

3 steps of the FODMAP diet



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

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.

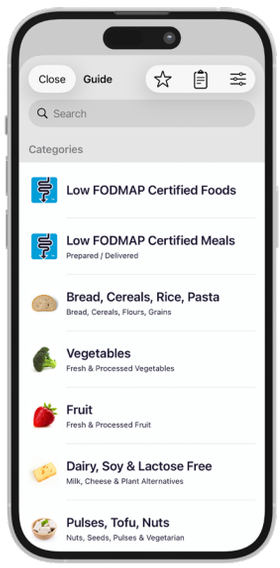
STEP 3
FODMAP Personalization

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.

Low FODMAP swaps

Below is a list of high FODMAP foods and low FODMAP alternatives.

Food group	High FODMAP food	Low FODMAP alternative
Whole grains	Wheat-based pasta and couscous, bread (wheat, rye), corn flakes, muesli, wheat bran	Gluten-free bread, gluten-free corn flakes, spelt sourdough bread, rice, gluten-free pasta, vermicelli (rice or mung bean), rolled oats, quinoa
Fruits	Apples, apricot, cherries, mango, nectarine, grapes, grapefruit, ripe banana, dried fruits, pear	Kiwi fruits, firm banana, blueberries, orange, yellow papaya, pineapple, mandarin
Vegetables	Garlic, onion, artichoke, celery, button mushroom, asparagus, red capsicum, tomato, green peas	Green capsicum, cucumber, carrots, spinach, choy sum, eggplant, lettuce, oyster mushroom, potatoes, bok choy, Japanese pumpkin, green beans
Dairy and alternatives	Cow's milk based products (e.g. milk, yoghurt), soft cheese, soy milk (made from soy beans), oat milk, soy yoghurt, custard	Soy milk (soy protein), lactose-free milk, almond milk, macadamia milk, hard and aged cheese
Beans and legumes	Almond, cashew, silken tofu, butter beans, red kidney beans, baked beans, haricot beans	Canned lentils, peanuts, macadamia, firm tofu
Meat, seafood, poultry and oils	Marinated meat and seafood	Plain meat, seafoods, eggs, butter, poultry, oils



USE THE 'FOOD GUIDE' IN THE MONASH FODMAP APP FOR A COMPREHENSIVE LIST OF LOW AND HIGH FODMAP FOODS.

What are the 'green serves' in the Monash FODMAP App?

The Monash FODMAP App lists foods in serving sizes that correspond to a 'traffic light' colour. All foods have been lab tested for their FODMAP content. Serving sizes marked with a green traffic light contain FODMAPs in an amount that is unlikely to induce IBS symptoms. Eat mostly foods in the 'green serving size' in Step 1 of the diet to achieve symptom control.

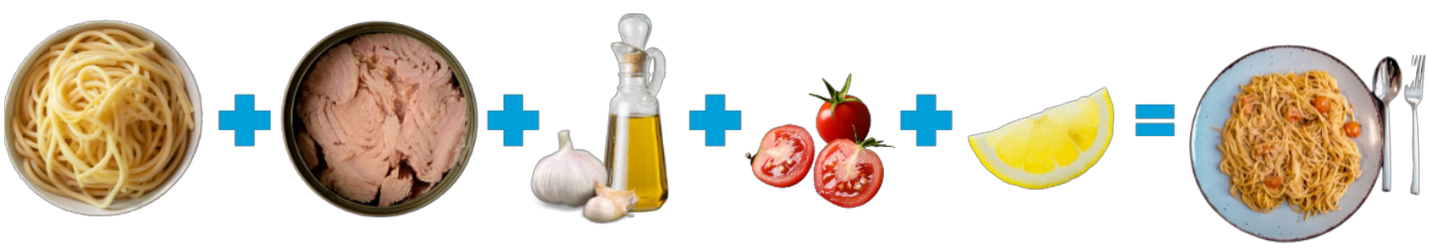
Can I have multiple low foods in one sitting?

Yes! The 'green serves' should allow you to consume multiple serves in one sitting, without experiencing symptoms. The example below provides an idea of how to include multiple 'green serves' in one meal.

What if my symptoms do not improve on the Step 1 - low FODMAP diet?

If your symptoms did not adequately improve on the Step 1 low FODMAP diet, talk to your doctor or registered dietitan. A registered dietitian can check if you followed the diet properly, and a doctor can discuss other IBS therapies. There are a wide range of IBS therapies to choose from, and often treatment choice is guided by the underlying cause of your IBS symptoms.

Example of combining green serving size foods in a meal



1 cup of gluten free pasta

1 can (90g) of unflavoured tuna

1 tablespoon (20g) of garlic infused olive oil

3 medium (45g) cherry tomatoes

1 tablespoon (20g) of freshly squeezed lemon juice

Low FODMAP meal

Adding flavour to low FODMAP dishes

Following a low FODMAP diet does not mean bland and flavourless meals. Refer to the Monash FODMAP app to check out the wide range of low FODMAP herbs, spices, sauces and condiments that can be used to flavour low FODMAP dishes.

For those who are intolerant to fructans but enjoy the flavour of garlic and onion, consider:

Using spring onion green tops as garnish



Removing the garlic and onion in a stir fry dish before serving. This is a great way to add aroma without fructans leaching into the dish, as fructans are water-soluable but not oil-soluble



Using garlic infused live oil in place of your usual cooking oil



Trying Asafoetida powder, a low FODMAP seasoning that can be found in Indian supermarkets



The FODMAP diet is not...

..Gluten free

Gluten is a protein found in many whole grain foods. Although many gluten free foods are low in FODMAPs (e.g. gluten free bread and pasta), a gluten free diet is only required for patients with coeliac disease, not IBS. This is because in the majority of people with IBS, gluten does not trigger IBS symptoms. For example, oats and spelt bread are suitable to eat on a low FODMAP diet, even though they contain gluten. If you do choose gluten free foods because they are low in FODMAPs, check the ingredients list as some contain high FODMAP ingredients such as onion, inulin or honey.

...Dairy free

Dairy products are a great source of calcium and protein which are important for healthy bones and muscles. If you do not tolerate lactose, here are some strategies to help you to consume enought dairy foods:

- Swap regular dairy products for lactose free options (e.g. lactose free milk, yoghurt and cream)
- Trial a lactase supplement. Lactase is the enzyme that breaks down lactose.
- Try spreading your lactose intake through the day or consume dairy products as part of a meal.
- Choose aged or hard cheeses as these are naturally low in lactose.

Importance of seeing a dietitian during the FODMAP diet

To ensure nutritional adequacy	It is easy to miss out on nutrients such as iron, protein, vitamins and fibre on a low FODMAP diet. A dietitian can recommend low FODMAP alternatives to receive adequate nutrition from a range of food groups.
To increase your knowledge and skills on managing the diet	Research suggests that IBS patients, when supported by a dietitian, achieved better symptom control and adhered to the FODMAP diet better than those who attempted the diet alone. A dietitian can also provide personalised advice that works best for your conditions.
To identify and troubleshoot any abnormal findings	A dietitian can: – Identify red flags and refer you to specialists for further investigation if necessary. – Assess and recommend non-diet approaches if your IBS were caused by psychological factors. – Identify other dietary triggers (e.g. caffeine and alcohol) if you are not responding well to the diet.
To personalize your FODMAP diet based on your symptoms	Your dietitian may adjust the level of FODMAP restriction, depending on your symptom severity. You may also benefit from a 'gentle' FODMAP diet, for example, if your symptoms were mild or have extra nutritional requirements (e.g. pregnancy, elderly and children) that would benefit from including more variety of foods in your diet.
To make your FODMAP diet enjoyable!	Dietitians can provide personalized advice on how you can best fit the FODMAP diet in your lifestyle, such as creative ways to prepare dishes, tips on reading ingredients list and how to prepare convenient meals and snacks during your busy week.

USEFUL REMINDERS

- **The key to a nutritious FODMAP diet is substitution, not elimination.** Work with your Registered Dietitian to determine how you can swap high FODMAP foods with low FODMAP alternatives to achieve a nutritionally balanced diet.
- **Some symptoms are normal.** A small amount of bloating or flatulence is a normal part of a healthy bowel. A FODMAP diet should reduce symptoms, but not eliminate them.
- **Stress can also exacerbate IBS symptoms.** Non-diet approaches targeting stress or anxiety may be considered (e.g. light exercise, yoga, gut-directed hypnotherapy) if psychological factors are associated with your symptoms.

USEFUL LINKS

- Low FODMAP diet on a budget
- Low FODMAP snacks
- Label Reading and FODMAPs
- Low FODMAP Meal Plan
- Bowel habits - What is normal?
- Getting enough fibre on a low FODMAP diet
- A FODMAP gentle approach
- Managing symptom flare ups

Our Dietitian Directory has over 1,400 Monash FODMAP trained dietitians listed across 61 countries worldwide. To find out more, scan the QR code or visit: https://www.monashfodmap.com/online-training/fodmap-dietitians-directory

For more resources on managing IBS and the FODMAP diet, visit the Monash FODMAP website. monashfodmap.com

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