

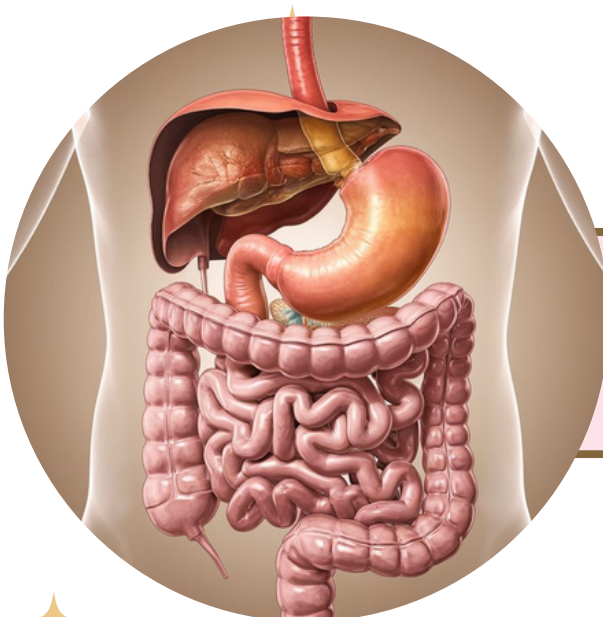


Your Health Matters

IBS **Dietitian's Guide** *Irritable Bowel Syndrome*

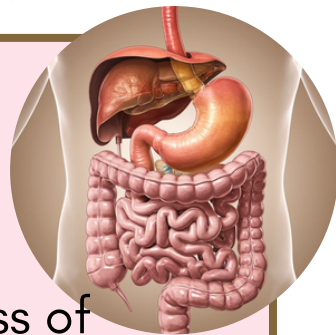
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Learn To Eat
With me



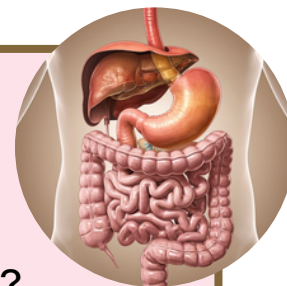
Dt. Indumathi
Registered Dietitian

LOW FODMAP diet



- FODMAP is an acronym for a certain class of carbohydrates, called fermentable short-chain carbohydrates, which are more difficult for people to digest.
- Removing irritants gives your gut lining a chance to repair itself and can help restore a healthy balance of gut flora.
- The low-FODMAP diet is a specific approach to identifying and reducing foods that may be irritating your gut and causing you gastrointestinal distress.
- Although it's strict in the short term, this is not a lifestyle diet. The intent is to isolate your food triggers and then reintroduce as many foods as possible.
- Many of the foods identified as FODMAPs represent a normally healthy diet. They include nutritious vegetables, fruits and whole grains.
- These aren't "bad" foods — but eliminating the ones that trouble you can help you enjoy the ones that don't.

Diet, & Nutrition for IBS



How can my diet help treat the symptoms of IBS?

- You may need to change what you eat for several weeks to see if your symptoms improve. Your doctor may also recommend talking with a Dietitian.

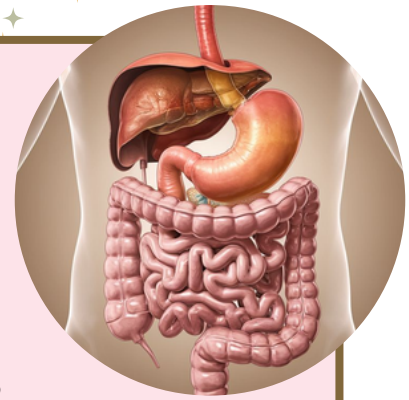
Important diet advice:

- Gluten free diet
- Lactose free diet
- Low FODMAP diet

Examples of foods that contain FODMAPs include

- fruits such as apples, apricots, blackberries, cherries, mango, pears, plums, and watermelon, or juice.
- vegetables such as asparagus, beans, cabbage, cauliflower, garlic and garlic salts, lentils, mushrooms, onions, and peas
- dairy products such as milk, milk products, soft cheeses, yogurt, custard, and ice cream
- wheat and rye products
- honey and foods with high-fructose corn syrup
- products, including candy and gum, with sweeteners ending in “-ol,” such as sorbitol, mannitol, xylitol, and maltitol

How to implement the Low – FODMAP Diet ?



*Organise your Kitchen by identifying foods that should be eliminated and stocking up on low FODMAPS foods.

*Pick a day to start the program. The program is typically done in three phase.

Elimination

Remove all high FODMAP foods 4-8 weeks. If FODMAPs are the issue, symptoms should reduce significantly during this time.

Reintroduction

If you have had a positive response, consider reintroducing FODMAPs slowly and specifically.

Maintenance

Addition of foods that seem to be tolerated and continued avoidance of foods that cause negative symptoms.

Dairy & Alternatives

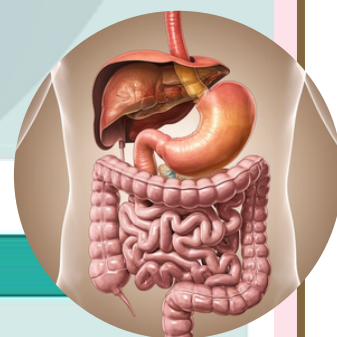
Low-FODMAP	High-FODMAP
<ul style="list-style-type: none"> ■ Butter ■ Cheeses (2 oz. or less) ■ Brie, Cottage, Feta, Ricotta, Mozzarella, Swiss ■ Lactose Free Milk ■ Rice/Oat Milk ■ Tofu/Tempeh ■ Eggs 	<ul style="list-style-type: none"> ■ Buttermilk ■ Cream cheese ■ Cream ■ Ice Cream ■ Milk ■ Sour Cream ■ Yogurt

Nuts & Seeds

Low-FODMAP	High-FODMAP
<ul style="list-style-type: none"> ■ Brazil nuts ■ Chestnuts ■ Chia seeds ■ Flax seeds ■ Macadamias ■ Peanuts ■ Pecan halves ■ Pine nuts ■ Pumpkin seeds ■ Walnut halves 	<ul style="list-style-type: none"> ■ Almonds ■ Cashews ■ Coconut ■ Hazelnuts ■ Pistachios ■ Sesame seeds ■ Sunflower seeds

Fruits

Low-FODMAP	High-FODMAP
<ul style="list-style-type: none"> ■ Blueberries ■ Cantaloupe ■ Grapes ■ Lemon ■ Oranges ■ Pineapple ■ Strawberry 	<ul style="list-style-type: none"> ■ Apples ■ Blackberries ■ Cherries ■ Mango ■ Pear ■ Watermelon



Fats & Oils

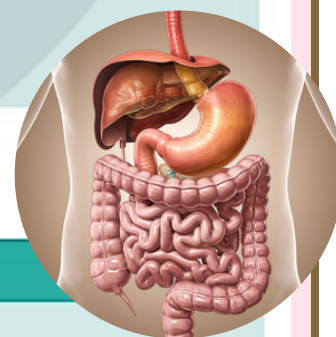
Low-FODMAP	High-FODMAP
<ul style="list-style-type: none"> Almond oil Avocado oil Butter/ghee Coconut milk Coconut oil Olives Olive oil (extra virgin) Rice bran oil Safflower Sesame oil Sunflower oil Walnut Oil 	<ul style="list-style-type: none"> Avocado (may be tolerated in small amounts) Chocolate Soybean oil Salad dressings and sauces with sweeteners and high-FODMAP additives

Vegetables

Low-FODMAP	High-FODMAP
<ul style="list-style-type: none"> Carrots Chives Eggplant Green Beans Kale Potato Zucchini 	<ul style="list-style-type: none"> Artichoke Asparagus Garlic Many Legumes (beans) Mushrooms Onions Soy Beans

Sweeteners

Low-FODMAP	High-FODMAP
<ul style="list-style-type: none"> Glucose Maple Syrup Sucrose (table sugar) 	<ul style="list-style-type: none"> Agave High fructose corn syrup (HFCS) Honey Sugar Alcohols: Maltitol, Mannitol, Sorbitol, Xylitol



**Ask your Dietitian to know more...*

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Irritable Bowel Syndrome



Foods to Avoid

Excess Fructose

- Fruit: apple, mango, nashi, pear, canned fruit in natural juice, watermelon.
- Sweeteners: fructose, high fructose corn syrup, corn syrup, honey.
- Concentrated fructose: concentrated fruit, large servings of fruit, dried fruit, fruit juice.

Lactose

- Milk: milk from cows, goats, or sheep.
- Custard, ice cream
- Yogurt
- Cheese: soft, unripened cheeses like cottage, cream, mascarpone, ricotta

Fructans

- Asparagus
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Eggplant
- Fennel
- Garlic
- Leek
- Okra
- Onion (all)
- Shallots
- Cereals: wheat and rye in large amounts (e.g. bread, crackers, cookies, couscous, pasta)
- Fruit: custard apple, persimmon, watermelon
- Misc: chicory, dandelion, inulin

Polyols

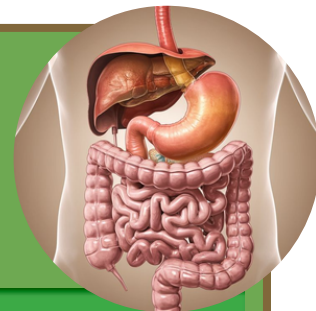
- Apple
- Apricot
- Avocado
- Blackberry
- Cherry
- Lychee
- Nashi
- Nectarine
- Peach
- Pear
- Plum
- Prune
- Watermelon
- Vegetables: Green bell pepper, mushroom, sweet corn
- Sweeteners: sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)

Galactans

- Legumes: Beans, baked beans, chickpeas, kidney beans, lentils



Irritable Bowel Syndrome



Foods to Enjoy

Fruit

- Banana
- Blueberry
- Boysenberry
- Canteloupe
- Cranberry
- Durian
- Grape
- Grapefruit
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Mandarin
- Orange
- Passionfruit
- Pawpaw
- Raspberry
- Rhubarb
- Rockmelon
- Star anise
- Strawberry
- Tangelo

Misc

- Sweeteners - sucrose, glucose, artificial sweeteners not ending in "-ol", and sugar in small quantities
- Honey substitutes - small quantities of golden syrup, maple syrup, molasses, and treacle

Vegetables

- Alfalfa
- Artichoke
- Bamboo shoots
- Beat shoots
- Bok choy
- Carrot
- Celery
- Choko
- Choy sum
- Endive
- Ginger
- Green beans
- Lettuces
- Olives
- Parsnip
- Potato
- Pumpkin
- Red bell pepper
- Silver beet
- Spinach
- Summer squash (yellow)
- Swede
- Sweet potato
- Taro
- Tomato
- Turnip
- Yam
- Zucchini

Starch

- Gluten free bread or cereal products
- 100% spelt bread
- Rice
- Oats
- Polenta
- Other: arrowroot, millet, psyllium, quinoa, sorgum, tapioca

Dairy

- Milk - lactose-free milk, oat milk, rice milk, soy milk (check for additives)
- Cheeses - hard cheeses, brie, and camembert
- Yogurt (lactose free)
- Ice cream substitutes - gelati, sorbet
- Butter substitutes (e.g. olive oil)





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*My Wishes for a
Healthy Lifestyle....*



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Registered Dietitian***