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Registered dietitians can order further copies of this publication from:

www.kcl.ac.uk/fodmaps



All proceeds from the sale of this booklet go directly towards funding further FODMAP research



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Reducing
fermentable
carbohydrates
the low FODMAP way

FODMAPs

- F** Fermentable
- O** Oligo-saccharides (fructans & galacto-oligosaccharides)
- D** Di-saccharides (lactose)
- M** Mono-saccharides (fructose)
- A** And
- P** Polyols (sugar alcohols)

Does everyone need to restrict?

Most FODMAPs are poorly absorbed in everyone, but they only need to be restricted if they are a trigger for worsening IBS-like symptoms.

FODMAPs are found in a range of different foods, including some that are common to many. They should only be restricted in people with IBS who have been advised by a registered dietitian.

How strict do I need to be?

Try to follow a low FODMAP diet for 4-8 weeks as strictly as possible to improve your symptoms, discuss this with your dietitian. There will be times where you cannot avoid some of the problem foods. Eating problem foods is not known to cause damage to your gut, but it may cause symptoms. Clinical experience shows that people who follow the diet more strictly experience better symptom improvement.

Some people do not need to restrict all the FODMAPs because they absorb lactose and/or fructose well.

Breath tests

Breath testing is useful to help determine if you can absorb or cannot absorb (i.e. malabsorb) fructose or lactose. Ask your doctor or dietitian if these tests are available.

Types of FODMAPs

Fructans are chains of the sugar fructose of varying length.

Fructans are poorly absorbed carbohydrates in all people. We do not have the ability to break them down in the small intestine. Dietary restriction of fructans is helpful in most people with IBS.

Major sources of fructans include:

- Wheat and rye (see page 11)
- Various fruit and vegetables (see page 13)
- Added ingredients e.g. FOS (fructooligosaccharides) or inulin sometimes termed 'prebiotics' (see page 15)

Galacto-oligosaccharides (GOS) are chains of the sugar galactose of varying length

GOS are poorly absorbed carbohydrates in all people. We do not have the ability to break them down in the small intestine. Dietary restriction of GOS is helpful in most people with IBS.

Major sources of GOS include:

- Pulses and legumes e.g. chickpeas, lentils (see page 13)

Polyols are sugar alcohols. Sorbitol, xylitol and mannitol are the polyols most commonly found in the diet.

Polyols are poorly absorbed carbohydrates in many people and can trigger IBS-like symptoms.

Major sources of polyols include:

- Various fruit and vegetables (see page 13)
- Sugar-free chewing gum and sugar-free mints that contain added polyols (see page 15)

