

Produced by

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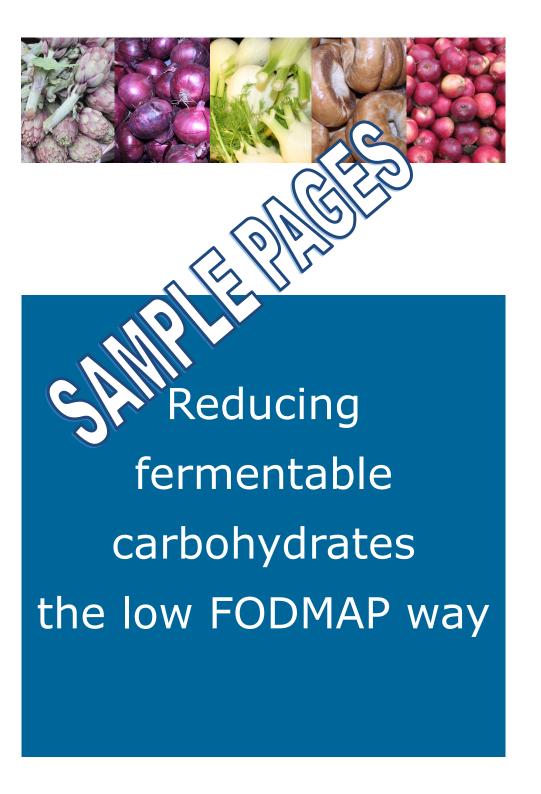
All proceeds from the sale of this booklet go directly towards funding further FODMAP research



@FODMAPsKCL

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FODMAPs

- F Fermentable
- O Oligo-saccharides (fructans & galacto-oligosaccharides)

he, but they only

e of worsening IBS-

- D Di-saccharides (lactose)
- M Mono-saccharides (fructose)
- A And
- P Polyols (sugar alcohols)

Does everyone need to restrict

Most FODMAPs are poorly abs need to be restricted if the are like symptoms.

FODMAPs are four train different foods, including some that are to be my. They should only be restricted in the latest training who have been advised by a registered die

Hoverill red to be?

Try to force low FODMAP diet for 4-8 weeks as strictly as possible an prove 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 fructans is helpful in most people with IBS

Major sources of fructans include:

- Wheat and rye (see page 11)
- Various fruit and vegetables (see
- Added ingredients e.g. FOS inulin sometimes termed pre (see page 15)

Galacto-oligosac (des) are chains of the sugar galacing (des) rength

GOS are root y d carbohydrates in all people. W the ability to break them down the characteristic of GOS 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)