



What is a low FODMAP diet?

FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols, these are scientific names for the types of sugar found in carbohydrate foods. These sugars ferment in the gut, which is a process where bacteria consume sugars and produce gas.

In some people this is a trigger for a range of gut symptoms and can cause debilitating loss of quality of life for those who suffer with irritable bowel syndrome (IBS). FODMAPs are commonly found in starchy foods such as wheat, bread and pasta, in fruits and vegetables (including apples, onions and pulses) and in some dairy products like milk and yoghurt.

Where did it come from?

Researchers at The Monash University in Australia discovered that by removing or reducing certain FODMAP containing foods from the diet of those with IBS, it helped to improve their symptoms. Fast-forward 16 years and the diet is regularly used as an effective way of managing IBS, with UK studies showing improvement in symptoms for 70% of people who follow the diet.

The FODMAP diet is not a long-term diet and only used as an elimination diet to identify trigger foods. It is highly recommended you have the support of a dietitian to ensure micronutrient deficiencies are avoided, the reintroduction phase is correctly implemented and any red flag symptoms are identified.

If you suffer with the symptoms of irritable bowel syndrome please get in touch to arrange a free discovery call. We can discuss whether the fodmap diet is right for you, and whether it could help you to reduce the symptoms of ibs.