

Food Intolerance Part 3: Low FODMAP Diet

FOOD INTOLERANCES HAVE BECOME MORE DIAGNOSED AND RECOGNISED OVER THE PAST 10 YEARS. IRRITABLE BOWEL SYNDROME (IBS), WHICH WAS ONCE THOUGHT TO BE CAUSED BY STRESS, CAN NOW BE ATTRIBUTED TO UNDERLYING FOOD INTOLERANCE IN SOME INDIVIDUALS.



A large number of dietary triggers have been associated with IBS. Common ones include fatty foods, alcohol and caffeine. However, people who avoid these foods may still experience IBS symptoms.

FODMAP

The diet used to treat IBS is a low FODMAP diet. FODMAP (Fermentable Oligo-, Di- and Mono-saccharides and Polyols) is an acronym for different types of sugars and compounds in

problematic foods.

FODMAPs are groups of food containing dietary sugars that are poorly absorbed in the small intestine. These sugars ferment as a result of bacteria in our gut, producing gas. A person with a sensitive bowel may experience gastrointestinal symptoms such as abdominal bloating/cramps, constipation, loose stools, flatulence or pain due to this very reason. People who are diagnosed with IBS or fructose malabsorption may use a low FODMAP diet to reduce these symptoms.

It's important to seek help from

a qualified dietician as this diet can be restrictive.

LOW FODMAP DIET

The Low FODMAP diet to begin with is both lactose- and gluten-free. Along with this, it is low in fructose and other problematic parts of food.

The aim of this diet is to remove problematic food for 6-8 weeks, while following a low FODMAP diet, and to gradually reintroduce certain groups back into your diet as a means of deciphering your trigger foods.

THE LOW FODMAP DIET SHOPPING GUIDE

VEGETABLES:			
Bamboo shoots	Bok Choy	Capsicum	Carrot
Celery	Chives	Choko	Choy Sum
Cucumber	Eggplant	Endive	Turnip
Ginger	Lettuce (coral/iceberg)	Olives	Zucchini
Parsnip	Potato/Sweet potato	Pumpkin	Silverbeet
Squash	Tomato	Corn	Spring onion (<i>Green part only</i>)
FRUIT:			
Banana	Pineapple	Blueberry	Raspberry
Tangelo	Mandarin	Orange	Grapes
Honeydew melon	Kiwifruit	Grapefruit	Lime
Lemon	Paw Paw	Passionfruit	Rhubarb
Strawberry	Tamarillo	Blackberry	Cranberry
MILK:			
Hard cheese	2 tablespoons soft cheese only	Lactose-free milk/soy milk	Rice milk
Lactose-free yoghurt/soy yoghurt			
BREADS & CEREALS:			
Gluten-free biscuits and bread	Corn cruskits	Corn flakes	Corn flour
Oats and oat bran	Gluten-free pasta	Quinoa pasta	Rice/Rice bran
Rice crackers/cakes	Rice cereals, bubbles, puffs	Rice noodles	

POSSIBLE PROBLEMATIC FOODS:

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High-fructose corn syrup, corn syrup solids, cane sugar
Lactose: choose lactose-free milk or yoghurt, soy products or rice milk
Legumes/lentils, cabbage, Brussels sprouts, leeks, chives, garlic, onion
Fortified or sweet wines (port)
Artificial sweeteners: sorbitol, mannitol, isomalt, xylitol
Chicory-based coffee. Substitute beverages: Caro, Ecco, Nature's cup
Onion powder. Use other herbs and spices to flavour foods such as Asafoetida powder (from Indian spice markets) for an onion flavour.
Coconut milk and cream



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Turn For More 



SAMPLE MEAL PLAN

BREAKFAST:	¼ cup porridge (oats) or other ½ cup gluten-free cereal or ½ cup Rice Bubbles 1 small orange 1 cup soy milk or lactose-free milk * Flavour with golden syrup if needed
MORNING TEA:	Fruit (see list, 1 serve only) 2 wheat-free crackers / rice cakes or cream cheese and Vegemite or lactose-free yoghurt
LUNCH:	Wheat-free or gluten-free sandwich (filled with egg and lettuce or ham, cheese and salad or tuna and salad) or fruit or a frittata made with low FODMAP vegetables, low-fat cheese and bacon/ham or sushi roll or homemade soup with low FODMAP vegetables and chicken
AFTERNOON TEA:	2 rice cakes with avocado and fresh tomato, salt and pepper or handful mixed nuts (excluding pistachios)
DINNER:	Meat / fish / chicken / pork Potato / rice / gluten-free pasta Vegetables (see list)
SUPPER/DESSERT:	Fruit (see list, 1 serve only) 1 scoop of non-milk-based gelato or lactose free yoghurt or 250ml lactose-free milk with 2 tbsp Milo

SNACK IDEAS:	1 piece of suitable fruit Liddell's lactose-free yoghurt (plain or wild berry flavour) Handful of nuts Carman's wheat-free and fruit-free muesli bars Gluten-free cakes and biscuits Plain rice cakes and avocado
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Following the low FODMAP diet over the long term is not advisable and symptom-free foods should be added back in systematically. When you can accurately pinpoint your trigger foods, it's time to increase the variety in your diet once again, this time, pain-free. ☺

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