

IBS - Introduction to A Low FODMAP Diet

This dietary advice sheet gives some general information. If you would like more detailed advice please ask your doctor to refer you to a registered dietitian.

Introduction

A low FODMAP* diet is a new form of treatment, which restricts the dietary intake of fermentable carbohydrates and has been found to help adults with symptoms of irritable bowel syndrome (IBS).

Irritable Bowel Syndrome

The symptoms of IBS vary from one person to another. Your symptoms need to be considered carefully so that individual dietary advice can be offered. However, there are some general guidelines, looking at lifestyle and food habits, which can help improve symptoms. Most people will be advised to make these changes *before* trying a low FODMAP diet.

Ask for an information sheet or a referral to a dietitian for more information about first-line dietary treatment for symptoms of IBS.

A low FODMAP Diet

A low FODMAP diet can be particularly helpful in reducing symptoms of IBS, such as bloating, abdominal pain and flatulence/ wind in some people. The diet originated in Australia, where researchers have investigated the effects of certain fermentable carbohydrates in the diet on the workings of the digestive system.

- *FODMAPs are **F**ermentable **O**ligosaccharide **D**isaccharide **M**onosaccharide **A**nd **P**olyols
- A low FODMAP diet is a type of elimination diet where foods are excluded for a trial period of up to 8 weeks.
- Your symptoms will be assessed before and after the diet so any benefit can be assessed.
- If your symptoms have improved when following the low FODMAP diet, you will be given guidance on how to reintroduce foods into your diet, to identify your trigger foods.
- A low FODMAP diet excludes many common foods for a limited time. Therefore, it may not be suitable for people with a limited food intake or who are having difficulty maintaining a healthy weight. This will be discussed with your dietitian at the assessment.
- You will need to attend one or two appointments of about 40 minutes and a review appointment of 20 minutes. Comprehensive, written information will be provided.

Please be aware that information obtained from the Internet may be based on old data, provide conflicting advice and may be too restrictive. We recommend you ask for a referral to a registered dietitian for evidence-based advice about a low FODMAP diet.