



Complete Guide to the

# Low FODMAP Diet

& Managing Irritable  
Bowel Syndrome

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PRIVATE PRACTICE DIETITIAN



# A SPORT DIETITIAN'S GUIDE

INTRODUCTION

The low FODMAP diet is highly effective in alleviating symptoms like bloating, gas, abdominal cramps, and irregular bowel movements in individuals with Irritable Bowel Syndrome (IBS).

However, it can be complex and necessitates the elimination of a significant variety of foods. This guide, crafted with the assistance of a dietitian, aims to simplify the FODMAP diet and help you manage IBS effectively.

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Understanding

# IRRITABLE BOWEL SYNDROME (IBS)

IBS is characterized by recurring abdominal pain accompanied by changes in bowel habits—either diarrhea or constipation, or sometimes both. Diagnosis occurs after other potential causes are excluded, requiring symptoms to appear at least three days per month, with many experiencing them more frequently. Notably, symptoms often improve post bowel movement, although bloating and gas are common but not diagnostic.

## DETERMINING THE PRESENCE OF IBS

Consult with a healthcare professional to exclude other conditions such as lactose intolerance or more severe issues like Celiac Disease or Inflammatory Bowel Disease before considering a diagnosis of IBS.

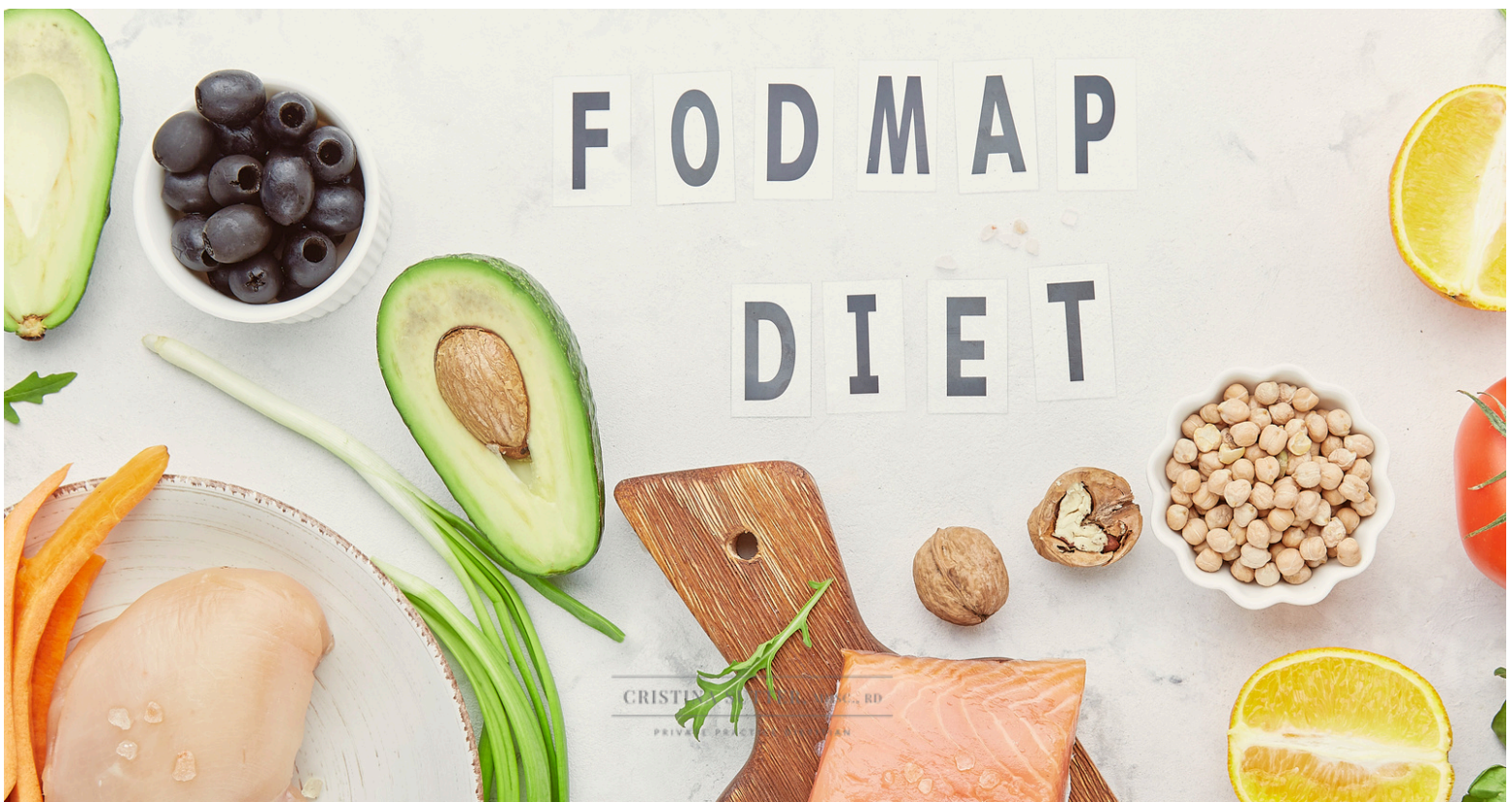
Benefits of the

# Low FODMAP Diet

Developed by researchers at Monash University, the low FODMAP diet reduces IBS symptoms by up to 70% in over 80% of sufferers. It targets fermentable oligosaccharides, disaccharides, monosaccharides, and polyols—short-chain carbohydrates that can exacerbate symptoms.

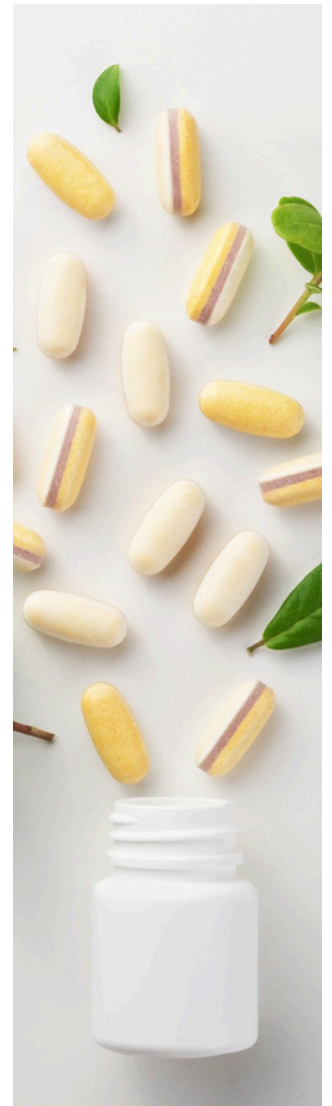
## WHO SHOULD AVOID THE FODMAP DIET?

Due to its restrictive nature, the diet is not suitable for children, underweight individuals, those on limited diets like vegans, or those with a history of eating disorders. These groups should consult a dietitian to adjust their diet and manage symptoms with possible supplements.



## EFFECTIVE NATURAL SUPPLEMENTS FOR DIGESTIVE HEALTH

- Digestive Enzymes: Products like Beano, Fodzyme or Lactaid can aid digestion when consuming high FODMAP meals.
- Probiotics: Various strains have been shown to alleviate IBS symptoms; consult the Clinical Guide to Probiotic Products by the Canadian Digestive Health Foundation for brand recommendations.
- Soluble Fibre: Supplements like psyllium, chia seeds, and oat bran help form normal stools. Daily intake of psyllium is beneficial for managing both diarrhea and constipation.
- Laxatives: Restorolax, a mild laxative, helps form regular, easy-to-pass stools without causing dependency.
- Peppermint Oil: IBGard has been proven to reduce abdominal pain.
- Anti-Diarrheals: Imodium helps manage sudden diarrhea by slowing intestinal movement.
- Herbal Remedies: Iberogast combines nine plant extracts proven to alleviate stomach pain and bloating.
- Gas Relief: Gas X, containing simethicone, helps reduce bloating by breaking up gas bubbles.



Phases of the

# FODMAP DIET

## PHASE 1 ELIMINATION (4 WEEKS)

During this initial phase, you will strictly avoid high FODMAP foods. Most participants see their symptoms decrease significantly, often going from an 8/10 to a 3/10 in terms of discomfort. While symptoms may not completely disappear, they generally improve substantially.

Preparing for Phase 1:

- **Confirm Your Diagnosis:** Ensure you have been properly diagnosed with IBS by a healthcare provider who recommends the FODMAP diet.
- **Timing:** Choose a period with fewer social obligations where you can cook for yourself, minimizing challenges in following the diet.
- **Dietitian Support:** Collaborate with a dietitian to tailor the diet to your nutritional needs and to discover enjoyable low FODMAP foods.
- **Use the Right Tools:** Download and use the Monash University FODMAP Diet app for an up-to-date list of FODMAP foods.
- **Journaling:** Keep a detailed food and symptom diary to track progress and identify potential triggers.

Phase 1

### HOW A DIETITIAN CAN HELP

1. Create an easy meal plan customized to your needs and preferences.
2. Give you the brand names of your favorite granola bars, protein powders, seasoning and cereals that work with the low fodmap diet.
3. List low fodmap recipes and restaurant meals.



Phases of the

# FODMAP DIET

## PHASE 2: THE FODMAP REINTRODUCTION / CHALLENGE (6-8 WEEKS)

If symptoms improve after the elimination phase, proceed to reintroduce one FODMAP food at a time to identify your personal thresholds.

Preparing for Phase 2:

- **Symptom Control:** Ensure your symptoms are well-managed before introducing new foods.
- **Use the Diary App:** Refer to the diary section of the Monash University FODMAP Diet app for guidance on which foods to reintroduce and in what portions.
- **Structured Challenges:** Introduce a single food over three days, increasing the portion each day (e.g., ¼ cup, ½ cup, and 1 cup of milk), followed by a 2-3 day symptom monitoring break.
- **Continue Journaling:** Maintain a detailed journal to monitor reactions and adjust your diet accordingly.
- **Maintain Low FODMAP Baseline:** Keep the rest of your diet low FODMAP during the reintroduction phase.

Phase 2

### HOW A DIETITIAN CAN HELP

1. Interpret your food symptom journal to assess which foods connect to which symptoms.
2. Identify hidden fodmaps and other factors that can affect your symptoms.
3. Help determine which FODMAPs you can tolerate and what serving size to stick to.



Phases of the

# FODMAP DIET

## PHASE 3: THE FODMAP PERSONALIZATION (LONG-TERM LIFESTYLE)

After identifying how different FODMAPs affect you, you can personalize your diet to incorporate a variety of foods in tolerable amounts.

### Personalizing Your Diet:

- **Combining Foods:** Gradually combine various high FODMAP foods you've tested in isolation to see how they interact.
- **Managing Cravings:** If you miss a particular high FODMAP food, consider using digestive enzymes to aid digestion when you choose to indulge.
- **Regular Supplements:** Continue using psyllium or similar supplements long-term to maintain regular bowel movements.

### Phase 3

#### HOW A DIETITIAN CAN HELP

1. Find a balance of moderate fodmaps that works with your preferences and tolerance.
2. Recommend which supplements can help improve your digestive symptoms long term.
3. Recommend which supplements to take when you want to have a high fodmap cheat!





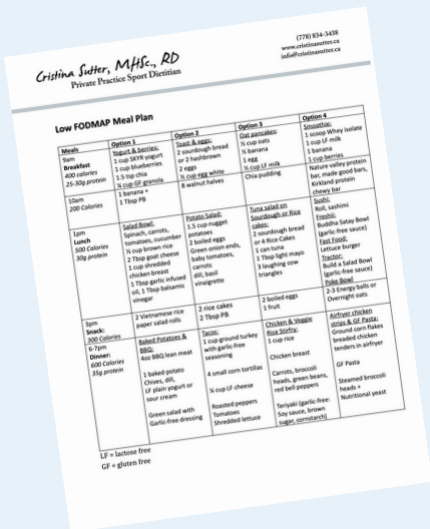


Hi, there!  
I'm Cristina Sutter,  
MHS. RD

WORK WITH BC'S TOP SPORT  
DIETITIAN TODAY!

Are you looking for expert guidance to manage IBS through diet, especially if you're an athlete or highly active individual? Connect with Cristina, BC's #1 sport dietitian, with 20 years of experience in Vancouver. Cristina's real-world approach to dietetics has served top-tier athletes including members of the Vancouver Canucks.

Work with me



## Sample Meal Plan

Discover a real-world, IBS-friendly meal plan from a sport dietitian and mom managing IBS. Download the PDF for daily meal and snack ideas that are family-friendly and taste great.

Grab the free sample meal plan