

Diet for IRRITABLE BOWEL SYNDROME

What Should I Eat?

Irritable Bowel Syndrome (IBS)

is a common problem, affecting up to 15 percent of people in the world.

Common IBS symptoms:

- ✓ Bloating
- ✓ Diarrhea
- ✓ Constipation
- ✓ Abdominal cramping

Fermentable

- Oligosaccharides
- Disaccharides
- Monosaccharides
- And
- Polyols

- ▶ The role of diet in IBS is still being explored, but many patients say that certain foods can make symptoms worse.
- ▶ Many diets have been explored for IBS, but the low FODMAP diet has the most evidence. It was developed by the team at Monash University in Australia.

- ▶ “FODMAPs” are the initials for a group of carbohydrates that are not well absorbed in the gut by many IBS patients, and can trigger IBS symptoms.
- ▶ FODMAPs are found naturally in many foods and food additives.
- ▶ The best way to start this diet is with the help of a dietitian.

The FODMAP diet has three main phases:

1

Cutting high FODMAP foods from your diet

2

Re-introducing these foods in a step-wise way

3

Finding your own personal FODMAP diet, because not everyone has the same food triggers

Learn more about the FODMAP diet and access resources:
MonashFODMAP.com

Download a mobile app to learn about the low FODMAP diet:
bit.ly/FODMAPApp

Courtesy of Dr. Michael Bass, ACG Patient Care Committee | More Info: patients.gi.org