MANAGING DIETARY FIBER WHILE FOLLOWING A LOW FODMAP DIETARY PROGRAM

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REGULAR Girl

EXECUTIVE SUMMARY

For millions of people, food sensitivities that cause gas, bloating or Irritable Bowel Syndrome (IBS) are so severe that they become life altering. The low FODMAP dietary program enables these people to identify foods that can potentially trigger these symptoms, and enables them to make wiser choices.

But those following a low FODMAP dietary program often experience constipation. This is typically due to the restricted intake of high-fiber foods during the elimination phase. Many high FODMAP foods are also high in fiber. When they are eliminated, the gut suffers the consequences.

Monash University, the world's leading source of FODMAP research and information, recommends the intake of low FODMAP fiber, including Regular Girl, during the elimination phase.

INTRODUCTION

Millions of Americans have trouble digesting FODMAPs, a category of short-chain carbohydrates. They suffer from visible tummy expansion, bloating and other uncomfortable symptoms. Healthcare professionals are finding that a Low FODMAP dietary program is particularly useful for addressing symptoms of Irritable Bowel Syndrome (IBS).

But what if you're not feeling as great as you thought you would while following this program? Are you still feeling constipated? Gassy? Bloated? Many people find that increasing fiber intake by adding a Low FODMAP prebiotic fiber is a great solution.

WHAT ARE FODMAPS?

FODMAPs are a group of short chain carbohydrates that cause digestive disturbances with people, most notably those who suffer from IBS. This group contains carbohydrates and sugars that are either difficult to digest (malabsorbed) or rapidly fermented. This results in bacterial fermentation in the large intestine, causing excess gas and bloating.

Overall, the low FODMAP dietary program has been shown to help reduce the symptoms of IBS compared to the standard of care, which is great for people who suffer from the pain, gas, and bloating associated with this condition.[1,2]

LOW FODMAP IS NOT NEW AND IT'S NOT EVEN A DIET! IT'S A SCREENING PROCESS.

Everyone has had gas, bloating and cramping from rapidly fermenting carbs and sugars. It's just that we now have a more scientific name for it and a better understanding of what can lead to these symptoms.

People who have these issues typically go through a FODMAP screening program, or elimination phase, to understand what is causing them and how to avoid those foods or ingredients. Determining which FODMAPs trigger your symptoms may require some trial and error. That is because everyone's gut and microbiome are unique. For some, it may be garlic and onion. For others, it may be wheat.

It's important to consult a healthcare professional before embarking on a low FODMAP dietary program, because you may be cutting out common food groups, and missing out on essential nutrients.

UNDERSTANDING THE RISKS OF FIBER DEFICIENCY WHILE ELIMINATING FODMAPS

We all need 25 to 38 grams of fiber a day. Dietary fiber helps to regulate bowel habits, maintain healthy blood sugar and cholesterol levels, feed the gut's "good" bacteria or probiotics and provide satiety and weight management.

Most of us are already fiber deficient. Following a low FODMAP dietary program reduces intake of prebiotic fiber, especially during the elimination phase. While you are limiting key fiber sources containing wheat, rye, barley and legumes, that low fiber intake may worsen

the same digestive problems, such as constipation, that caused you to turn to low-FODMAP foods in the first place.

Although the elimination phase only lasts up to 6 weeks, it can result in fewer total gut bacteria and increased fecal pH.[3] A follow-up study showed the low FODMAP dietary program significantly decreased *Bifidobacteria* in the gut during the elimination phase.[4]

Therefore, it is recommended that the low FODMAP dietary program be as liberal as possible after identification of the trigger foods to minimize these effects on the gut microbiome. A co-founder of the low FODMAP dietary program, Peter Gibson, M.D., further explains the aim of the low FODMAP dietary program and its relationship to dietary fiber:

"The principal aim of the FODMAP dietary program is to enable people with irritable bowel syndrome to make wise food choices so that their symptoms are not triggered. One identified risk of reducing FODMAPs in the diet is that the intake of dietary fiber might fall. Having a fiber that will not trigger symptoms (by being low in FODMAPs) and that can be used to supplement food is an important advance in helping people with irritable bowel syndrome to [comfortably] meet their nutritional requirement for fiber, without suffering worsening of symptoms."

GOOD NEWS ABOUT LOW FODMAP FIBER ALTERNATIVES

Using a fiber supplement during the elimination phase is a good solution. But be selective. Some fiber supplements are high in FODMAPs. Fiber supplements containing inulin, GOS, wheat dextrin and IMOs, are all ingredients which should be avoided by those looking to reduce FODMAPs in their diet.

Today, there are fibers that help maintain a diverse gut microbiota, and don't inadvertently create other digestive problems. Regular Girl is certified low FODMAP by Monash University. This means individuals can confidently consume Regular Girl to meet their fiber needs without experiencing undesirable side effects of high FODMAP fibers.

KEEP A FOOD AND SYMPTOM DIARY

If your gut is rumbling, FODMAPs may not be the only culprits. Stress, lack of sleep and hormonal changes can also do a number on your digestive system. So can skipping your daily workouts. Try recording your energy and stress levels, in addition to your symptoms and what you eat. This journal may help you identify other factors that may be causing your distress.

PAY CLOSE ATTENTION TO SERVING SIZES

Some Low FODMAP foods edge into the high-FODMAP zone if you eat larger amounts. In response to an increasing number of requests about the FODMAP content of foods, researchers at Monash University have also developed a smartphone application. The app, available on iPhone and Android, is used by more than two million people in over 100 countries worldwide.

The app lists foods using a traffic light system and according to serving sizes. Red foods are high in FODMAPs and should be avoided, orange foods are moderate in FODMAPs and may be tolerated by some people while green foods are low in FODMAPs and are safe for consumption. The specific food serving sizes in the application are particularly helpful in taking the guesswork out of how much food can be safely consumed.

Regular Girl blends 5 grams of prebiotic Sunfiber (also known as guar fiber) and 8 billion active and clinically proven probiotics *(Bifidobacterium lactis)*.

Additionally, Regular Girl can help address the negative impact on the gut microbiome as a result of a low FODMAP dietary program. Available over the counter and online, Regular Girl achieves this by significantly increasing both *Bifidobacteria* and *Lactobacillus*, which are common prebiotic bacteria groups in adults.[5, 6, 7] Furthermore, a recent study also showed 5g of Sunfiber found in Regular Girl significantly increased *Bifidobacteria* in children.[8]

The fiber in Regular Girl has been shown to help those with IBS-C (constipation) to have more frequent and comfortable bowel movements. And it helps those with IBS-D (diarrhea) to have fewer bowel movements with better formed stool.

Regular Girl is 100% gluten-free and vegetarian, Non-GMO Project Verified, HALAL and Kosher. It blends invisibly into foods and beverages, without impacting the taste, texture or aroma.

MORE DIGESTIVE COMFORT IS POSSIBLE

A low FODMAP dietary program helps reduce symptoms of IBS but can be deficient in dietary fiber. Most traditional fiber supplements are high FODMAP, which can worsen digestive symptoms. Instead, the fiber deficiency can be addressed using a low FODMAP fiber product like Regular Girl.

FOR MORE INFORMATION

www.RegularGirl.com
www.MonashFODMAP.com

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