



FODMAP 101

WHAT ARE FODMAPS?

FODMAPs are a group of short-chain carbohydrates found in everyday foods such as wheat, rye, onion, garlic, kidney beans, apples and honey, to name a few. FODMAPs are commonly malabsorbed in the small intestine, causing uncomfortable symptoms such as abdominal pain, bloating, diarrhea and/or constipation in those suffering with irritable bowel syndrome (IBS).

- F** FERMENTABLE
- O** OLIGOSACCHARIDES (Fructans and Galacto-Oligosaccharides)
- D** DISACCHARIDES (Lactose)
- M** MONOSACCHARIDES
- A** AND
- P** POLYOLS (Sugar Alcohols such as Mannitol and Sorbitol)

WHAT IS THE LOW FODMAP DIET?

The Low FODMAP diet was first defined in 2004 by researchers at Monash University, in Australia. It categorizes foods that trigger gastrointestinal problems according to the type of carbohydrate they contain, i.e., Oligosaccharides, Disaccharides, Monosaccharides, and Polyols.

EXAMPLES OF HIGH FODMAP FOODS

| Oligosaccharides | Disaccharides | Monosaccharides | Polyols |
|---|---|--|---|
| Wheat, Rye, Onion, Garlic, Kidney Beans, Peas, Watermelon | Cow, Sheep & Goat Milk, Cottage Cheese, Yogurt, Ice Cream | Apples, Mango, Pears, Honey, Agave, Cherries | Cauliflower, Mushrooms, Snow Peas, Sorbitol, Mannitol |

WHO BENEFITS FROM A LOW FODMAP DIET?

The Low FODMAP diet is the go-to dietary intervention for those suffering with IBS. 10-15% of the global population suffers with IBS. There are 15 times more people who suffer with IBS than celiac disease which gave rise to the gluten-free diet. Studies show that following a Low FODMAP diet can provide complete symptom relief for up to 75% of people suffering from IBS, which is characterized by recurrent episodes of lower abdominal pain, bloating, diarrhea and/or constipation.