

28 Feb

Manage IBS Symptoms by Limiting FODMAPs

Posted on 28.02.11

The Complete Idiot's Guide® to *Eating Well with IBS* author, Kate Scarlata recently gave us a description of FODMAPs, a family of sugars and fibers that disrupt those that suffer from Irritable Bowel Syndrome (IBS). Below is her description and ways to manage the disease.

Eating well with IBS shouldn't hurt, but often in an attempt to eat a healthier diet, the IBS sufferer often feels worse. A rise in symptoms may be the result of eating more fermentable (gas forming) sugars and fibers found naturally in many healthy foods. Researchers have identified a family of sugars and fibers that can produce gas, bloating, pain and diarrhea and have named them: FODMAPs.

FODMAP is an acronym for fermentable oligosaccharides, disaccharides, monosaccharide, and polyols, but you really don't need to know all those science terms! The FODMAP family includes: lactose (milk sugar), fructose (fruit sugar, but only when in excess), fructans and galactans (indigestible fibers) found in beans, soy and wheat and polyols (sugar alcohols) found in sugar free candy and mints, and in stone fruits such as peaches and cherries. Research reveals that about 75 percent of those with IBS have a threshold to these troublesome FODMAPs. Simply minimizing them in the diet can make a world of difference in IBS symptom management.

FODMAP-rich foods are abundant in the diet. Who doesn't enjoy an apple a day, a fresh pear in the fall or juicy watermelon on a hot summer day? Not to mention, cereals, yogurts and granola bars have added FODMAP ingredients such as inulin or chicory root extract to boost the fiber content. But these FODMAP- rich foods may be the culprit for many with IBS. Learning what foods and beverages contain FODMAPs is the first step to minimizing them in the diet. To make life a bit easier, I have compiled foods notoriously high in the fermentable sugars and fibers (caution list) and a list of foods that are FODMAP friendly, containing negligible amounts. Just remember each individual with IBS has their own personal threshold for FODMAPs in the diet. The goal is to eat as varied a diet as possible to allow for a healthy nutritional balance and nutrient intake.

FODMAPs Checklist

FODMAPs	Lactose	Fructose	Fructans	Galactans	Polyols
<p>Caution:</p> <p>Rich in FODMAPs</p>	Milk, evaporated milk, yogurt, ice cream, custard, and certain cheeses such as ricotta, cottage, and mascarpone	<p>Fruits such as apples, pears, peaches, mangoes,</p> <p>Raspberries, watermelon, coconut milk, coconut cream, dried fruits, and fruit juices</p> <p>Sweeteners such as agave and honey</p> <p>HFCS-based products such as BBQ sauce, ketchup, and pancake syrup</p> <p>Alcohol such as sherry and port wine</p> <p>Sodas with HFCS</p>	<p>Vegetables such as artichokes, asparagus, Brussels sprouts, broccoli, beetroot, cabbage, chicory, garlic, leeks, okra, onions, radicchio lettuce, shallots, and snow peas</p> <p>Grains such as wheat and rye</p> <p>Added fiber such as inulin and fructo-oligosaccharides;</p> <p>watch items such as probiotic supplements, granola bars, and frozen desserts</p> <p>Fruits such as watermelon</p>	<p>Chickpeas, lentils, kidney beans, and soy products</p> <p>Vegetables such as broccoli</p>	<p>Fruits such as apples, apricots, blackberries, cherries, nectarines, pears, peaches, plums, prunes, and watermelon</p> <p>Vegetables such as cauliflower, button mushrooms, and snow peas</p> <p>Sweeteners such as sorbitol, mannitol, xylitol, maltitol, and isomalt (sugar-free gums/mints, cough medicines/drops)</p>
<p>FODMAP</p> <p>Friendly</p>	Lactose-free milk, lactose free cottage cheese, lactose free ice cream, and sorbet; certain cheeses such as cheddar, Swiss, Parmesan, Brie, camembert, and mozzarella	<p>Fruits: ripe bananas, blueberries, grapefruit, grapes, honeydew, lemons, limes, passion fruit,</p> <p>Pineapple, strawberries, and tangelos</p> <p>Sweeteners such as sugar and maple syrup</p>	<p>Vegetables: bok choy, bean sprouts, bell peppers, butter lettuce, carrots, celery, chives, corn, eggplant, green beans, tomatoes, potatoes, and spinach</p> <p>Gluten-free* breads/cereals, rice/corn pasta, rice cakes, potato and tortilla chips</p>		<p>Fruits such as bananas, blueberries, grapefruit, grapes, honeydew, kiwi, lemons, limes, oranges, passion fruit, and raspberries</p> <p>Sweeteners such as sugar, glucose, and aspartame</p>

* Be cautious and check gluten free products to be sure they do not contain other FODMAP ingredients such as agave and honey

This FODMAP description was provided by Kate Scarlata, RD, LDN (Medway, Mass.). She is a registered and licensed dietitian with over 20 years of experience in the nutrition and wellness field. She currently provides nutritional consultation for conditions such as: IBS, celiac disease, diabetes, and weight management in her private practice in Boston, Massachusetts. Prior to opening her practice, she spent seven years working at the Brigham and Women's Hospital (BWH) providing outpatient nutritional consultation. Scarlata earned her Bachelor's in Science from Simmons College in Boston, Mass. Her postgraduate training was completed at BWH, a Harvard Medical School teaching affiliate. Scarlata has lead comprehensive nutrition workshops in the corporate setting across the country. She is the co-author of the book, *Real People Need Real Food: A Guide to Healthy Eating for Families living in a Fast Food World* and featured author in many Boston newspapers and magazines. For more information visit www.katescarlata.com.