

# THE LOW-FODMAP DIET



## WHAT IS THE LOW-FODMAP DIET? <sup>1</sup>

FODMAP was coined by a group of Australian researchers who hypothesized that foods containing certain dietary sugars (see chart below) that worsen the symptoms of digestive disorders, such as: Irritable Bowel Syndrome, Inflammatory Bowel disease, and Small Intestinal Bacterial Overgrowth

**FODMAPS are found in many foods we commonly eat**  
**FODMAPS is an acronym for:**

**Fermentable**

**Oligosaccharide: fructans and galacto-oligosaccharides (GOS)**

**Disaccharides: Lactose**

**Monosaccharides: Fructose in excess of glucose  
And**

**Polyols: Sorbitol, Mannitol, Maititol, Xylitol, Isomalt**

**FODMAPS can be classified into two groups:**

- Those FODMAPs that are partly absorbed: fructose, lactose, polyols
- Those FODMAPs that are not absorbed in anyone: Fructans and GOS

## LINKS TO OTHER RESOURCES:

- [GLUTEN.ORG](http://GLUTEN.ORG)
- [EATRIGHT.ORG](http://EATRIGHT.ORG)
- [FOODANDNUTRITION.ORG](http://FOODANDNUTRITION.ORG)
- [JANONLINE.ORG](http://JANONLINE.ORG)
- [MED.MONASH.EDU](http://MED.MONASH.EDU)

## TESTING FOR POOR ABSORPTION:<sup>1</sup>

Hydrogen/methane breath-testing is used to assess proper absorption of: fructose, lactose, and sorbitol \*testing is not essential

## TAKE HOME POINTS <sup>1, 4</sup>

- FODMAPS are sugars commonly found in everyday foods
- Dietary restrictions of FODMAPS may improve IBS symptoms
- Talk with your health care provider to ensure other GI conditions have been assessed prior to changing your diet
- Work with a nutritionist or dietitian to develop a meal plan
- Time frame of diet: 2-6 weeks



