



low FODMAP diet.

for Irritable Bowel Syndrome

Restricting FODMAPs

contents

This booklet provides a short introduction to irritable bowel syndrome (IBS) before taking a more detailed look at a specialist dietary treatment available to help manage this condition.

It is designed to follow on from the 'Healthy Eating and Lifestyle Advice for IBS' booklet. The dietary treatment covered in this booklet should only be considered if general dietary advice for IBS has not resulted in an improvement in your symptoms. It is important to seek the advice of a healthcare professional before starting a restrictive diet to ensure that it is appropriate for your needs.

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what is IBS?

IBS is a medical term used to describe a collection of gut symptoms not explained by any other disease. Symptoms can include diarrhoea, constipation, bloating, abdominal pain, cramping and wind. These can vary from person to person and also in the same person at different times, often in response to changes in diet, lifestyle or stress levels.

IBS is one of the most common gut-related reasons for people to visit their GP. It is thought to affect up to 20% of the UK population and usually develops in early adulthood and persists on and off throughout life. IBS can have a significant impact on the quality of life of those with the condition.

Whilst the cause of IBS is not fully understood, studies have shown that the gut of people with IBS tends to be more sensitive and reactive. A hectic lifestyle, anxiety and stress can all affect the gut, which may increase symptoms.



how is IBS diagnosed?

There is no test to diagnose IBS. Symptoms can be very similar to other gastrointestinal (gut) conditions and so before a diagnosis of IBS is confirmed, it is important that other serious gastrointestinal conditions such as coeliac disease, inflammatory bowel disease, as well as other bowel and gynaecological conditions, are first ruled out. Your GP should perform a simple blood test to screen for some of these conditions. Following a full assessment, your GP may refer you to a gastroenterologist (a specialist in bowel disorders) at your local hospital for further investigations or advice, particularly in the presence of **red-flag** symptoms.

RED FLAG SYMPTOMS

- Change in bowel habit to looser and/or more frequent stools persisting for more than six weeks in a person aged over 60 years
- Passing blood from the back passage
- Unintentional and unexplained weight loss
- Family history of bowel or ovarian cancer

how is IBS treated?

There is no single effective treatment for IBS. Many people with IBS report symptoms worsen after eating and dietary change can significantly improve IBS symptoms. If a dietary cause is suspected then you may have been given some general dietary and lifestyle advice from your GP or practice nurse as a first step (see 'Healthy Eating and Lifestyle Advice for IBS' booklet). However, in approximately 50% of people with IBS this does not result in a satisfactory improvement of their symptoms.

If this approach does not result in improvement of symptoms then other dietary treatment options can be explored. It may be suggested that you trial a diet that is low in short-chain fermentable carbohydrates (also known as the 'low FODMAP diet') which can improve symptoms of IBS. This is a complex diet and should only be followed under the guidance of a low FODMAP-trained dietitian.

what are FODMAPS?

Recent research has shown that certain dietary carbohydrates may contribute to IBS symptoms. These carbohydrates are called **Fermentable, Oligosaccharides, Di-saccharides, Mono-saccharides And Polyols** or **FODMAPS**. FODMAPs are found in a range of different foods including some that are considered healthy. Common sources of FODMAPs include wheat, rye, pulses, various fruit and vegetables, milk, yoghurts, honey and sugar-free mints.



FRUCTANS AND GALACTO-OLIGOSACCHARIDES (GOS)

are poorly absorbed in all people as the body is unable to break them down in the small bowel. Dietary restriction of fructans and GOS is helpful in most people with IBS. Examples include wheat, barley, rye, onion, leek, white part of spring onion, garlic, shallots, artichokes, beetroot, fennel, peas, chicory, pistachio, cashews, legumes, lentils & chick peas



POLYOLS

are sugar alcohols and are poorly absorbed in many people, triggering IBS-like symptoms. Examples include various fruit and vegetables and sugar free mints/gum



LACTOSE

may be poorly absorbed by some people and does not need to be restricted in everyone with IBS- like symptoms. Seek advice from a dietitian. Examples include milk, custard, ice-cream and yoghurt



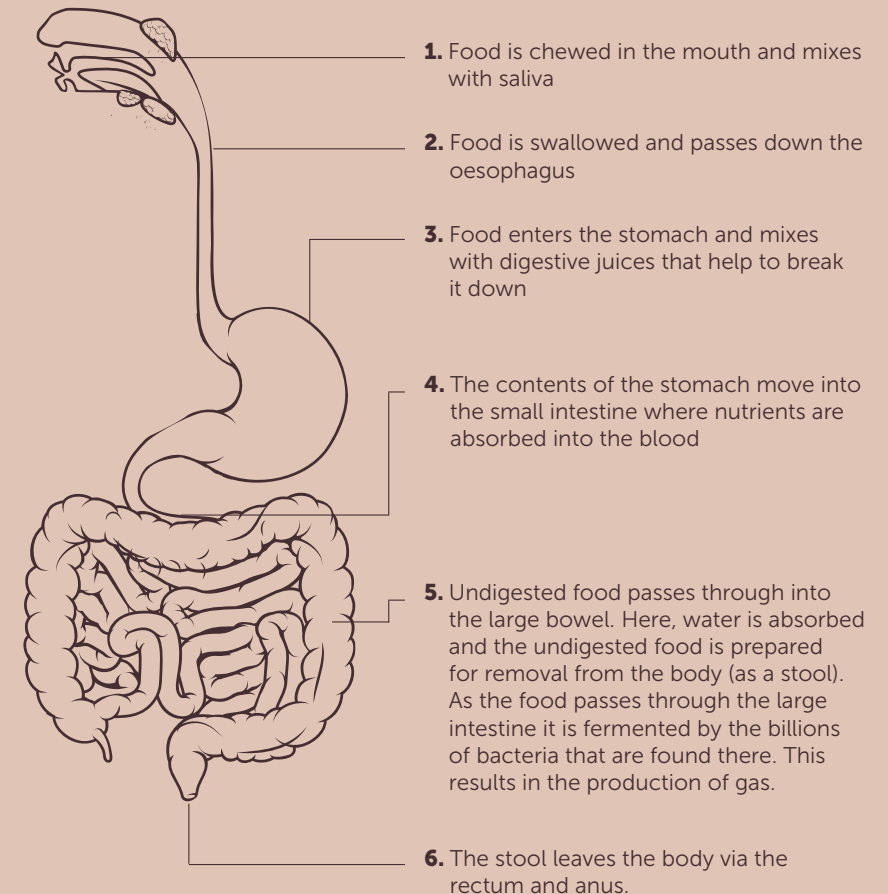
FRUCTOSE

may be poorly absorbed by some people and does not need to be restricted in everyone with IBS-like symptoms. Seek advice from a dietitian. Examples include various fruit and vegetables and honey

what happens during digestion?

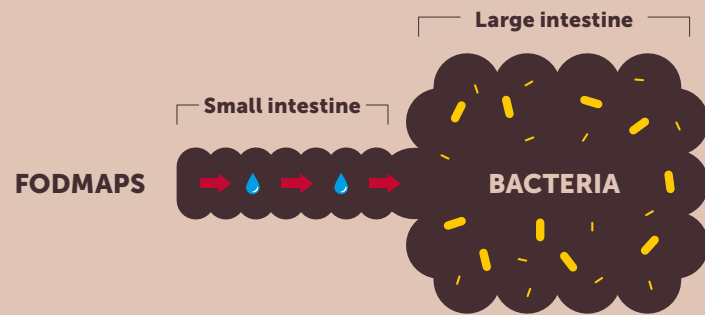
FODMAPs have a wide range of effects in the gut. It is necessary to understand the process of digestion and absorption of nutrients from food to understand why these carbohydrates can trigger IBS symptoms in some people.

During healthy digestion, food travels through the digestive system and mixes with digestive juices that help to break it down. The nutrients from the food are then absorbed by the body and waste products are removed.

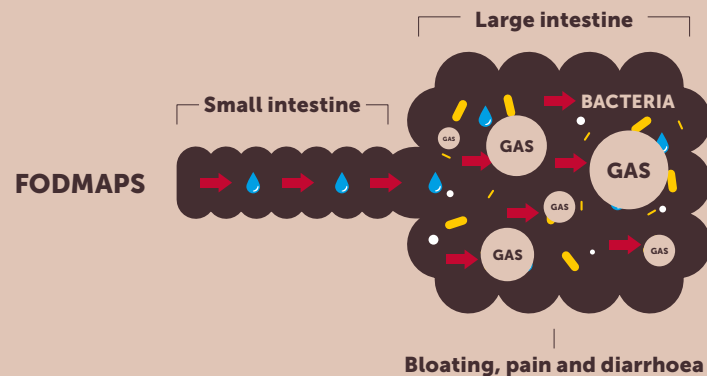


why might FODMAPs affect my gut symptoms?

Some FODMAPs are not fully broken down and absorbed in the gut. When FODMAPs reach the small intestine, they remain there and attract water in to it (a process known as 'osmosis'). This results in an increased passage of water through the gut and can contribute to diarrhoea in some individuals.



As FODMAPs reach the large intestine, they are fermented by bacteria, which results in gas production. This can lead to wind (flatulence), bloating, discomfort and abdominal pain. In someone with IBS the gut may be more sensitive to the gas produced or the amount of gas produced may be greater than in a person who doesn't have IBS.



what is a low FODMAP diet?

A low FODMAP diet consists of three different stages and it is important that you complete each one.

STAGE 1 RESTRICTION PHASE

This is a 2-6 week period in which all high FODMAP foods are removed from the diet to identify if symptoms improve. Clinical experience shows that people who follow the diet more strictly experience better symptom improvement.



STAGE 2 REINTRODUCTION PHASE

This is a 6-8 week, step-wise process during which individual high FODMAP foods are reintroduced into the diet. The purpose of this is for you to identify 1) which FODMAPs trigger and worsen your IBS symptoms and 2) which FODMAPs can be tolerated and to what level (i.e. your FODMAP threshold level before IBS symptoms appear)



STAGE 3 PERSONALISATION PHASE

Once the reintroduction phase has been completed, a tailored approach can be adopted which restricts FODMAPs that worsen your symptoms and incorporates FODMAPs that are tolerated into the diet.



A low FODMAP diet should be undertaken with guidance from a registered dietitian to ensure the diet is followed correctly and is healthy, well-balanced and varied. There is a variety of resources to support you in following a low FODMAP diet. These include information leaflets such as this one, traffic light lists (see pages 10–25) and apps specifically designed for those following a low FODMAP diet, such as the Monash University FODMAP app. The restriction phase of the diet is covered in this booklet. Stages 2 and 3 are covered in a separate booklet which your dietitian will provide at the appropriate time.

STAGE 1: RESTRICTION PHASE

FODMAPs are found in a range of different foods including some that are considered to be healthy.

YOUR LOW FODMAP DIET GUIDE

Please note, this is not an exhaustive list. Refer to the Monash app for a complete list of foods and specific guidance on portion sizes.

GRAINS, BREAD, FLOUR & BAKING

| | Low in FODMAPs | Moderate in FODMAPs (limit to one serving per sitting) | High in FODMAPs |
|---------------------------|---|---|---|
| Grains | Rice (white, brown, basmati, red, glutinous) Rice bran Oats (rolled, cooked) Oat bran Buckwheat flakes, cooked Millet, hulled Polenta Quinoa Gluten-free cous cous Maize Sago, cooked Tapioca starch, Pearl barley, grains, sprouted | Buckwheat kernels 54g | Wheat Bulghur wheat Couscous Semolina Rye Barley Amaranth Freekeh Pumpernickel Bourghal |
| Bread products | Wheat-free or gluten-free bread & rolls (e.g. Schär) Wheat-free or gluten-free Ciabatta (e.g. Schär) Wheat-free or gluten-free Pitta bread Wheat-free or gluten-free Naan bread 100% Sourdough spelt bread* Tortilla, Blue Corn (2 Tortilla) per meal Tortilla, white wheat flour 35g (1 tortilla) per meal | Oat sourdough (52g) | All wheat bread & rolls Rye bread Pumpernickel bread Raisin toast Pitta bread Ciabatta Focaccia Panini Naan bread Chapati Crossiants Pastries Muffins Brioche Garlic bread Pizza |
| Flour & Baking | Wheat-free or gluten-free flour Buckwheat flour Cornflour Maize flour Millet flour Rice flour Sorghum flour Teff flour Tapioca flour | | All wheat flour Rye flour Barley flour Spelt flour Soya flour Almond flour Coconut flour Chestnut flour Amaranth flour Kamut flour Einkorn flour Emmer flour Lupin flour |

Please note that portion size may affect suitability. Please refer to the Monash app for specific guidance.

*Check for other FODMAP ingredients. Suitability may vary between brands/flavours.

FLOUR & BAKING, PASTA & OTHER STARCHY FOODS

| | Low in FODMAPs | Moderate in FODMAPs (limit to one serving per sitting) | High in FODMAPs |
|---------------------------------------|---|---|--|
| Flour & Baking | Buckwheat flour Quinoa flour Pounded yam flour Potato starch Tapioca starch Raising agents e.g. Bicarbonate of soda, baking powder Spelt flour, organic, sieved | | |
| Pasta/Pizza/ Noodles | Wheat-free or gluten-free pasta Buckwheat pasta Quinoa pasta Chickpea pasta Wheat-free or gluten-free pizza bases (e.g. Schär) Rice noodles Buckwheat noodles Kelp noodles Soba noodles Taco shell, corn, hard | | All fresh & dried wheat pasta Spelt pasta Gnocchi Udon Ramen Pot noodles Wheat noodles |
| Breakfast Cereals | Porridge and oat-based cereals Gluten-free cornflakes Rice krispies*, buckwheat flakes, rolled oats | Cornflakes 30g Quick dry oats 47g Puffed rice 30g | Wheat or bran-based cereals Wheat bran Wheat germ Spelt flakes Muesli |
| Savoury biscuits/ crackers | Gluten free crackers* & crispbreads* (e.g. Schar) Rice crackers and rice cakes, plain Corn cakes Oat cakes* | | Water biscuits Wheat crackers and crispbreads Cream crackers Spelt crackers Rye crispbreads |
| Breadcrumbs | Wheat-free or gluten-free breadcrumbs Polenta Oats Cornflake crumbs | Panko 105g | Crumbed fish & poultry |

Please note that portion size may affect suitability. Please refer to the Monash app for specific guidance.

*Check for other FODMAP ingredients. Suitability may vary between brands/flavours.

FRUIT

| | Low in FODMAPs | Moderate in FODMAPs (limit to one portion per sitting) | High in FODMAPs |
|-------|--|--|--|
| Fruit | <ul style="list-style-type: none"> Acai powder Ackee (tinned) Banana (unripe) Blueberries Breadfruit Clementine Cranberries, fresh Cumquats Guava (ripe) Jackfruit, young, canned, drained Kiwi fruit Lemon juice Lime juice Mandarin Mixed peel (citrus fruit) Orange Papaya Passionfruit Pineapple (fresh) Plantain (peeled) Rhubarb Starfruit Tamarind | <ul style="list-style-type: none"> Avocado 45g Banana chips (dried) 34g Banana (ripe) 45g Boysenberry 24g Cantalope melon 150g Coconut (fresh) 96g Coconut (dried) 45g Dates, dried, pitted 46g Dates, Medjool, pitted 40g Grapefruit 100g Grapes, green 48g Grapes, red 42g Guava (tinned) 54g Lychee 40g Mango (fresh) 45g Melon (honeydew)100g Pineapple (dried) 25g Pomegranate 55g Raspberries 75g Strawberries 75g | <ul style="list-style-type: none"> Apple Apricot Blackberries Cherries Cranberries (dried) Currants Figs (dried) Figs (fresh) Goji berries (dried) Guava (unripe) Mango (dried) Nectarine Pawpaw (dried) Peach Pear (ripe or firm) Persimmon Plum Prunes Raisins Sultanas Watermelon (seedless) |

Please note that portion size may affect suitability. Please refer to the Monash app for specific guidance.

*Check for other FODMAP ingredients. Suitability may vary between brands/flavours.

VEGETABLES

| | Low in FODMAPs | Moderate in FODMAPs (limit to one portion per sitting) | High in FODMAPs |
|-------------------|--|--|--|
| Vegetables | Alfalfa Aubergine Bamboo shoots (canned or fresh) Baby sweetcorn (canned) Bean sprouts Beans (green) Beetroot (pickled) Broccoli (heads only) Cabbage (red or white or Chinese) Callaloo (tinned in brine) Carrot Cassava Celeriac Chard/Swiss chard Chicory leaves Chilli (green, red or pickled Jalapeno) Cho cho Choy sum Cucumber Edamame (frozen soybeans) Endive (leaves) Fennel (leaves) Galangal Ginger Kale Lettuce (Cos, round, iceberg, radicchio, red coral, rocket) Leek (leaves) Mushroom (Oyster or canned) Okra Olives (black or green) Onion (pickled, large) Cornichons Pak choy Parsnips Sweetcorn, canned Water chestnuts Yam Pepper (green) Potato Pumpkin (fresh or canned) Radish Seaweed (nori) Spring onion (green part only) Spinach Swede Sweet potato Tenderstem broccoli (stalks only) Tomatoes (canned) Turnip | Artichoke (heart, canned) 70g Beetroot (canned) 120g Brussel sprouts 60g Butternut squash 60g Celery 15g Corn on the cob 63g Courgette 75g Fennel bulb 60g Leek (bulb) 18g Kimchi 70g Marrow 75g Peas (green, canned) 55g Pepper (red) 57g Sundried tomatoes 16g Tomatoes on the vine, raw 75g Tomatoes, raw 75g Wakame flakes 10g | Artichoke (Globe, Jerusalem) Asparagus Beetroot (fresh) Broccoli (stalks only) Cabbage (savoy) Cauliflower Cherry tomatoes Chilli (raw jalapeno, ancho, dried chipotle) Garlic Wild garlic Leek (bulb) Mange tout Mushroom (Button, Enoki, dried Porcini, Portobello, Shiitake, Chanterelle) Onions (Shallots, red onion, white part of spring onions, white onion) Peas/Sugar snap peas Tenderstem broccoli (heads only) |

Please note that portion size may affect suitability. Please refer to the Monash app for specific guidance.

*Check for other FODMAP ingredients. Suitability may vary between brands/flavours.

MILK & DAIRY FOODS¹

| | Low in FODMAPs | Moderate in FODMAPs (limit to one serving per sitting) | High in FODMAPs |
|----------|---|--|---|
| Milk | <p>Lactose-free milk (eg. Lactofree) Nut milk (almond/hazelnut/macademia), Hemp milk Quinoa milk Rice milk Coconut milk powder</p> <p><i>Check ingredients for apple juice, fructose and inulin. Ensure milk is calcium enriched</i></p> | <p>Cow's milk 60ml Whole goat's milk 80ml Coconut milk (canned) for cooking <120ml Coconut milk, long life, unsweetened (UHT) 240ml Oat milk 164g Soya milk (sweetened) 60ml Soya milk (unsweetened) - hulled soya beans 120ml Soya milk (unsweetened) - whole soya beans 30ml A2 milk 35ml</p> | <p>Milk, cow's, goats, sheep's Buttermilk Condensed milk Evaporated milk Milk powder Kefir Coconut milk with inulin</p> |
| Yoghurts | <p>Lactose-free yoghurt, strawberry (e.g. Lactofree) Coconut yoghurt</p> <p>Check ingredients for high FODMAP fruit, FOS, inulin, oligofructose, fruit juice concentrate, fructose</p> | <p>Natural yoghurt, low fat 3tbsp Greek yoghurt 3 tbsp Tzatziki dip 20g</p> | <p>Whole milk and low fat cow's and goat's yoghurt Drinking yoghurt Fromage frais</p> |
| Cheese | <p>Lactose-free cheese Blue cheese Brie Camembert Cheddar Comte Edam Feta Gruyere Goat's cheese Havarti Manchego Monterey jack Mozzarella Parmigiano-Reggiano/ parmesan Pecorino Soy cheese Swiss cheese Vegan cheese (coconut oil based)</p> | <p>Cream cheese 4 tbsp (80g) Cottage cheese 3 tbsp (60g) Quark 60g Ricotta 120g Halloumi 2 slices (60g)</p> | <p>Processed cheese Reduced-fat cheddar Mascarpone Low-fat soft cheese</p> |
| Desserts | | <p>Custard 60ml Vanilla ice-cream 2 scoops (88g)</p> | |

Please note that portion size may affect suitability. Please refer to the Monash app for specific guidance.

*Check for other FODMAP ingredients. Suitability may vary between brands/flavours

¹Seek advice from your dietitian if you need to avoid or limit lactose.

BEANS, PULSES, FISH, EGGS, MEAT AND OTHER PROTEINS

| | Low in FODMAPs | Moderate in FODMAPs (limit to one serving per sitting) | High in FODMAPs |
|--------------------------------|--|---|--|
| Pulses and Legumes | Mung beans, sprouted Lentils (Puy, cooked) 2 tbsp (30g) Urid dahl | Chickpeas (canned) 84g Hummus 20g Lentils, red boiled 46g Lentils, green, boiled 34g Lentils (canned) 65g | Beans & pulses** e.g. broad, soy, butter, baked, kidney, adzuki, black, Borlotti, Haricot, Lima, Mung, Pinto Chana dahl Falafel Lentil burger Split peas, boiled |
| Fish | Fresh or frozen shellfish White fish Oily fish Tinned fish in water, brine or oil | | Fish or shellfish in batter or breadcrumbs |
| Eggs | Eggs | | Scotch eggs |
| Meat and poultry | Beef, chicken, duck, lamb, pork (including bacon and ham), turkey | | Meat or poultry in breadcrumbs Sauce made with flour or containing high FODMAP ingredients e.g. onion and garlic |
| Nuts & Seeds | Brazil nuts Chestnuts Linseeds (15g) Macadamia nuts Peanuts Pecan nuts Pine nuts Walnuts Most seeds including chia, egusi, hemp, poppy, pumpkin, sesame, sunflower Tahini 30g | Almonds 10 nuts or 12g Hazelnuts 30g Caraway seeds 15g | Cashew nuts Pistachios |
| Vegetarian Substitutes* | Quorn mince Tempeh Tofu firm & drained | | Quorn mince containing onion Soy protein textured (TVP) Tofu, silken, Soya beans |

Please note that portion size may affect suitability. Please refer to the Monash app for specific guidance.

* Check for other FODMAP ingredients. Suitability may vary between brands/flavours

** You can include small servings of canned pulses, please refer to the Monash app for portion sizes

VEGETABLES

| | Low in FODMAPs | Moderate in FODMAPs (limit to one serving per sitting) | High in FODMAPs |
|--|--|---|---|
| Fats and oils | Butter Cream (double, single, whipping and sour cream) Crème fraiche Coconut cream Cooking oils, margarines, low fat spreads, ghee, lard, suet Fats and oils* (Avoid large servings) Garlic infused oil Peanut butter Mayonnaise | Pesto sauce 20g Almond butter 32g | Dressings containing onion and garlic |
| Savoury snacks | Plain or ready salted crisps <i>Check ingredients for fructose, sorbitol, onion or garlic</i> Gluten-free breadsticks* (e.g. Schar) Pretzels Corn chips, plain | | Flavoured crisps containing onion and garlic e.g. cheese and onion |
| Pastry | Wheat-free or gluten-free varieties & mixes Wonton wrapper | Filo pastry 40g | All pastry & pastry goods made with wheat Tempura batter |
| Desserts | Jelly | | |
| Sugar, preserves and sweeteners | Glucose Sucrose Sugar Dextrose Maple syrup Treacle Jam- strawberry, raspberry (no added fructose) Marmalade (no added fructose) | Golden syrup 12g Quince paste 27g | Agave syrup, light & dark Jams and marmalades containing fructose or polyols, Jam, mixed berries Honey Molasses syrup |
| Artificial sweeteners | Aspartame Acesulfame K Saccharin Sucralose Silver spoon Splenda Hermesetas Stevia | | Sorbitol Mannitol Xylitol Isomalt |

Please note that portion size may affect suitability. Please refer to the Monash app for specific guidance.

*Check for other FODMAP ingredients. Suitability may vary between brands/flavours.

VEGETABLES

| | Low in FODMAPs | Moderate in FODMAPs (limit to one serving per sitting) | High in FODMAPs |
|---------------------------|--|---|--|
| Confectionary | Cocoa powder | Dark chocolate 80g Milk chocolate 30g White chocolate 30g | Sugar-free mints Sugar-free chewing gum Sugar-free sweets and chocolate Sweets containing fructose Carob powder |
| Cakes and biscuits | Gluten-free biscuits* (e.g. Schar) Oat-based biscuits Flourless cakes Meringues* | | All biscuits and cakes made with wheat flour Cereal bars containing high FODMAP ingredients e.g. dates, fructose, wheat |
| Drinks | Water De-caffeinated drinks Cranberry juice Green tea Peppermint tea Tomato juice | Coconut water, packaged 150ml | Fruit juice including Apple, Pear, Guava, Mango, Peach, Tropical Tea including Chai, Chamomile, Dandelion, Fennel, Oolong, Kombucha tea, Herbal Aloe Drinks Fruit Cordials Coconut water |
| Alcohol | Beer Chinese (Shaoxing) cooking wine Gin Vodka Whiskey Wine | | Dessert wine Rum |
| Miscellaneous | Protein supplement Nutritional yeast Miso paste | | |

Please note that portion size may affect suitability. Please refer to the Monash app for specific guidance.

*Check for other FODMAP ingredients. Suitability may vary between brands/flavours.

starting out on a low FODMAP diet.

PLAN AHEAD

Before starting on a low FODMAP diet, spend a few days familiarising yourself with the diet, identifying which foods to avoid and which can be included. The low FODMAP diet requires avoidance of multiple foods and ingredients, to help manage your new diet effectively try planning your meals a week in advance. Make a shopping list and ensure you have all the foods and ingredients needed to prepare each of your meals, plus suitable ready-to-eat snacks for when hunger strikes! Keep meals balanced – main meals should include carbohydrate, protein and vegetables.

Snack ideas:

- Piece of low FODMAP fruit
- Carrot/ cucumber sticks
- Olives
- Handful of nuts (avoid cashews and pistachios; limit almonds and hazelnuts to less than 10)
- Lactose-free yoghurt (avoid high FODMAP fruit flavours)
- Piece of gluten-free toast with peanut butter
- Gluten free crispbreads/ crackers with cottage/ cream cheese (max 3 tbsp per sitting)
- Gluten-free bread sticks
- Plain popcorn

Ready meals and ready-prepared sauces often contain high FODMAP ingredients, cooking from scratch will ensure you are in control of what foods and ingredients you consume. Save time by 'batch cooking' your favourite meals and freezing individual/ family-sized portions for when you have less time to cook.

READ FOOD LABELS CAREFULLY

High FODMAP sugars and sweeteners may be added to a variety of processed foods, here's a list of high FODMAP ingredients to look out for when scanning food labels:

- Fructose
- Fructose-glucose syrup
- High fructose corn syrup
- Lactose
- Agave
- Honey
- Isomalt
- Mannitol
- Sorbitol
- Molasses
- Xylitol
- Fruit juice concentrate

INGREDIENTS

Wholegrain Oats (78%), Sugar, Cranberry-flavoured fruit pieces (8.7%) (Sugar, humectant (Glycerol), Fruit pieces (Cranberry 0.7%), Apple), Invert sugar, Syrup, Oat fibre, Vegetable oil, Glucose Syrup, Rice starch, Gelling agent (Pectin), Acidity Regulator (Citric acid), Natural flavouring, Fruit juice concentrates (Blueberry, Blackcurrant), Concentrated carrot juice, **Prebiotic Oligofructose Syrup**, Salt, Natural flavouring, Niacin, Iron, Thiamin (B1), Riboflavin.

Allergen Information:
Contains oats

In addition, these ingredients represent added fructan ingredients and should also be avoided (may be present in yoghurt-based products and/or certain cereals):

- Prebiotics
- Fructo-oligosaccharides
- Inulin
- Oligofructose

FLAVOUR WITHOUT FODMAPS

Garlic and onion are used to enhance flavour in numerous recipes. Unfortunately, both must be avoided when following a low FODMAP diet. In place of garlic and onion, experiment with the following ingredients to make your favourite recipes super tasty:

- Fresh/ dried herbs and spices (be cautious with 'spice mixes', these may contain garlic/ onion powder)
- Asofetida spice – this Indian spice provides an onion-like flavour
- Garlic-infused oil (FODMAPs are not fat soluble, therefore garlic adds flavour without FODMAPs in this widely available condiment)
- Chopped chives
- Spring onion (green part only)
- Chopped/ grated ginger
- Chilli- limit if chilli aggravates your IBS symptoms
- Lemon/ lime juice
- Soy sauce (the small amount of wheat included in soy sauce is acceptable whilst following a low FODMAP diet)
- Worcestershire sauce
- Vinegar





eat out with confidence.

Eating out whilst following a low FODMAP diet can be a daunting prospect. Some simple steps will give you the confidence to still enjoy meals eaten away from home:

- Call your chosen restaurant in advance – make sure they are able to cater for special dietary requirements.
- Check out the menu online before booking – most restaurants have a website which features menus and may also highlight common allergens in various dishes.
- The low FODMAP diet may be a difficult concept to explain to someone who hasn't experienced it before. When discussing your requirements with waiting staff, you may find it easier to summarise your requirements as 'wheat, dairy, garlic and onion free', these are the high FODMAP ingredients most likely to be encountered in a main meal.
- When dining out for the first time, you might feel more comfortable if you book during an 'off peak' period to ensure the waiting and kitchen staff have more time to respond to your needs.
- Larger Italian restaurant chains are likely to produce gluten-free (and therefore wheat-free) pizza and pasta dishes
- Thai, Chinese and Japanese restaurants have a greater choice of rice-based cuisine, select low FODMAP vegetables and ask for sauces to be served separately.
- Steak houses are a good option, offering plainer meats, salads and potato-based side dishes. Ask for salad dressings to be served separately.
- Enjoy your food and the restaurant experience! Eating out with friends and family should be relaxing and enjoyable. You may find it hard to avoid all sources of FODMAPs but if you do your best to minimise your intake of key FODMAP ingredients you should find that the benefits of taking part in this important social event outweigh any possible symptoms you experience.

EAT A DIET RICH IN FIBRE

When following a low FODMAP diet, many people find that their fibre intake also reduces. Fibre is essential for maintaining gut health so it's important to include a variety of higher-fibre foods within your low FODMAP diet. Products that contain 6g fibre or more per 100g are considered to be high in fibre. Some good sources of fibre include:

- High fibre/ seeded gluten-free breads
- Porridge oats
- High fibre gluten-free cereals
- High fibre gluten-free pasta
- Brown rice
- Nuts and seeds (avoid cashews and pistachios; limit almonds and hazelnuts to less than 10)
- Low-FODMAP veg
- Low-FODMAP fruits
- Potatoes eaten with skin on
- Linseeds (Flaxseeds)
- Plain popcorn
- Quinoa
- Buckwheat



BOOST YOUR CALCIUM INTAKE

If you are avoiding lactose (the sugar found in milk and a known FODMAP ingredient) then your calcium intake may be low. Calcium is essential to maintain good bone health, aim to eat 2-3 portions of calcium-rich foods each day. Example portions of calcium-rich foods include:

- 200ml lactose-free milk/ 200ml calcium-enriched milk alternatives (e.g rice, almond or hazelnut milk)
- 1 pot of lactose-free yogurt
- 30g/ match-box sized piece of cheddar cheese
- 1 tbsp cottage cheese
- ½ can of sardines/ pilchards
- 80g of green, leafy veg e.g kale, watercress or spinach



PLANT-BASED EATING & A LOW FODMAP DIET

It is possible for vegetarians with IBS to follow a low FODMAP diet, however, some staple protein foods are classed as high FODMAP, for example pulses and legumes. It is therefore important to ensure you aren't missing out on key nutrients in your diet- the following tips will help:

- Use alternative protein foods such as firm tofu, tempeh, quorn, eggs, nuts and seeds more regularly in your diet
- If you are unable to avoid pulses and legumes completely, it is best to opt for canned legumes as these have lower FODMAP levels than legumes that have been soaked and boiled. Try a small serving initially, for example, 2 tbsp (42g) canned chickpeas, 2 tbsp (46g) canned lentils, 1 tbsp (29g) boiled or green lentils and ensure the rest of your diet is strictly low FODMAP.
- Small amounts of soya milk (<60ml) may be suitable to include and can be an easy way of adding some calcium into your diet. It is important to check if the soya milk is made from 'whole soya beans' (which tend to be high in FODMAPs) or from 'soya protein' (which tends to be lower in FODMAPs)- this information can be found in the ingredients list.



support & advice.

THE IBS NETWORK

The national charity for those living with IBS provides a unique self-care programme to support people with the condition. The Charity also offers a telephone helpline with trained nurses and an Ask the experts service via email, monthly newsletters and a quarterly magazine Gut reaction, a range of factsheets and gut friendly recipes. Become a member and receive a 'can't wait' card to help gain access to public toilet facilities.

Helpline: 0114 272 3253
Email: info@theibsnetwork.org
Website: www.theibsnetwork.org



SCHÄR

is a gluten-free food manufacturer and is committed to supporting those with special dietary needs. With decades of experience and a team of expert food technologists and health professionals, the Schär range offers a wide selection of tasty and high-quality ambient, chilled and frozen products and is available in leading retailers. Schär also provides a range of staple products suitable for a low FODMAP diet. Resources include practical tips, information & low-FODMAP recipes to support those following a low FODMAP diet. Further information on Schär certified products can be found on the website.

Careline: 0800 161 5838
Email: share@schar.co.uk
Website: www.schaer.com/en-uk

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