The Low FODMAP Diet for Celiac Disease & More

THRIVE Nutrition & Wellness

Should You Consider a Low FODMAP Diet?

- Are you sure you are avoiding ALL potential sources of gluten and still experiencing IBS-like symptoms such as bloating, diarrhea and gas?
- Have you given your body adequate time and "resources" to heal?
- Are you eating a healthy, whole-foods based diet, low in processed and packaged foods?
- Have you looked at your overall eating and lifestyle habits and made improvements but are still experiencing symptoms?
- Are you willing to undergo a complicated elimination diet for at least 2 weeks and spend several additional weeks following a reintroduction process to assess for symptoms?

Before You Begin

Ask Yourself:

What symptoms am I currently experiencing?

How often?

How severe (scale of 1 to 10)?

Make note of this information so you have a baseline to compare to later.

It's easy to forget the extent of your symptoms when they go away!

Phase 1: Elimination

Minimum 2 weeks – maximum 12 weeks, removing high FODMAP foods:

Fermentable – foods that are broken down by the bacteria in your gut, creating gases (includes all of the foods below)

	Category	Examples
Oligosaccharides (short-chain carbohydrates)	Fructans and GOS	Wheat, barley, rye, onion, garlic Beans
Disaccharides – (2 sugars)	Lactose	Milk, ice cream, cottage cheese
Monosaccharides – (1 sugar)	Fructose	Apples, HFCS, pear, watermelon
AND		
Polyols	Sugar alcohols	"Sugar free" foods, stone fruits, sweet corn, cauliflower

Phase 2: Reintroduction

- Continue following a Low FODMAP Diet during reintroduction period. The only thing that should change is the ONE FOOD you are testing at a time.
- You will be testing this ONE FOOD 3 times, increasing the amount of the food you are trying each time as long as symptoms don't develop.
- If you experience symptoms, write them down and do not continue with that food. You may be able to tolerate small amounts of a food, none, or a lot of it.
- After experiencing symptoms or successfully reintroducing a food, wait 2-3 days before trying the next food to allow your body to "reset."

Phase 3: Personalization

- Using your food and symptom journal during phases 1 and 2, create your own personalized plan for including tolerated FODMAP foods and amounts. Continue introducing more foods.
- Only avoid (or reduce) those foods that trigger your symptoms.
- FODMAPs can have a cumulative effect, so you may be able to eat small amounts of your "trigger foods" as long as your overall FODMAP intake is low.

Recommended Resources

The Monash University App is an essential tool for undergoing the diet.

Recipes (Note: I cannot guarantee the recipes on the pages below follow the Low FODMAP list from Monash, so it is a good idea to double check ingredients in the app).

https://alittlebityummy.com/recipes/

http://blog.katescarlata.com/low-fodmap-recipes/

https://www.dietvsdisease.org/low-fodmap-recipes-for-ibs/

http://alessirritablelife.com/low-fodmap-recipes/

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