

# What is FODMAP?

## Your Questions Answered.

FODMAPs are a collection of short-chain carbohydrates (sugars) that aren't absorbed properly in the gut, which can trigger symptoms in people with IBS. FODMAPs are found naturally in many common foods and additives such as wheat, apples, pears, onion, garlic, honey, agave syrup, sugar free gum, mints and some medicines. Research has shown that a Low-FODMAP program can improve gastrointestinal (GI) symptoms (gas, bloating, pain, change in bowel habits) related to IBS. Most patients aren't sensitive to ALL categories of FODMAPs so it's important to identify your specific FODMAP trigger foods so you can successfully manage your IBS symptoms.

**F:** Fermentable (gut bacteria ferment undigested carbohydrates to produce gases)

**O:** Oligosaccharides (fructans and GOS foods such as wheat, rye, onions and garlic)

**D:** Disaccharides (lactose foods such as milk, soft cheeses and yogurt)

**M:** Monosaccharides (fructose foods such as honey, apples, high fructose corn syrup)

**A:** and

**P:** Polyols (mannitol and sorbitol foods such as some fruits, vegetables, artificial sweeteners)

### How Does The Low-FODMAP Program Work?

The Low-FODMAP program is based on Monash University's research, which indicates approximately 75% of people will feel better after completing a Low-FODMAP protocol. The Program generally takes 8 weeks and consists of three phases. Utilizing the free ModifyHealth app is an effective way to help guide you through the protocol.

- 1 Elimination:** For 2-3 weeks you will swap High-FODMAP foods for Low-FODMAP alternatives. Approximately 75% of patients feel better by the end of this phase.
- 2 Reintroduction:** During the next 6 weeks you will systematically re-introduce higher FODMAP foods under the guidance of a dietitian. This will help you learn the specific foods and categories of foods which trigger your symptoms.
- 3 Personalization:** Going through reintroduction allows you to expand your diet and enjoy many more foods than maintaining a strict Low-FODMAP diet.

The goal is to learn what your trigger foods are so you can take back your life and eat confidently without fear of triggering your IBS symptoms.