

FODMAP Diet

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Introduction

The term **FODMAPS** is an acronym that stands for: **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**onosaccharides and **P**olyols. They are a collection of poorly absorbed simple and complex sugars that are found in a variety of fruits and vegetables and also in milk and wheat.

FODMAPs cause IBS symptoms when they undergo bacterial fermentation. Some also draw fluid into the bowel. Symptom improvement can follow the reduction of high FODMAP foods for around three-quarters of people, including improvement in bowel habit, especially diarrhoea.

The diet should be completed with the help of a dietitian to ensure that the nutritional content of the diet is not compromised, up to date advice is provided and the person is fully informed about proper foods to eat, to facilitate the dietary change.

The Diet: An Overview

- The diet involves reducing high FODMAP food for two to eight weeks and then re-introducing them using a specific protocol, if symptoms improve, to identify which ones are problematic for the person.
- The FODMAP diet is then modified, particular to the person's circumstances. Re-introduction of high FODMAP foods to identify symptom triggers is very important as microbiotic changes are likely to occur because some FODMAPs are also prebiotic and feed gut bacteria.
- The long-term effects of a complete FODMAP restricted diet are unknown so increasing consumption of prebiotic tolerated foods is a necessary and important part of the process.
- A GP or Gastroenterologist can refer patients with IBS to a dietician when simple lifestyle changes have been attempted and symptoms persist.
- Information about self-care for IBS is available on the NHS website which also has a link to the IBS Network where further information on FODMAPs can be found. There are also numerous apps which can be downloaded to support patients and prescribers.

<https://www.nhs.uk/conditions/irritable-bowel-syndrome-ibs/>

The tables on page 2 contain examples of low and high FODMAP foods.

COMMON FOOD AND DRINKS (not exhaustive)

FODMAP	Lactose	Fructose	Fructans/GOS	Polyols
<i>Rationale</i>	<i>Excess lactose causes wind and draws water into the gut</i>	<i>Excess fructose draws water into the gut</i>	<i>Excess fructans/GOS cause wind</i>	<i>Excess polyols pull water into the gut</i>
High FODMAP (avoid/restrict)	<ul style="list-style-type: none"> Cottage cheese Ricotta cheese Milk from cows/goats/sheep 	<ul style="list-style-type: none"> Asparagus Sugar Snap Peas Apples Cherries Mango Honey 	<ul style="list-style-type: none"> Garlic Onion Kidney Beans Ripe bananas Wheat 	<ul style="list-style-type: none"> Cauliflower Mushrooms Apples Pears Sweeteners sorbitol, mannitol, xylitol

Note for Prescribers:

Lactulose and macrogol laxatives are high FODMAPs.

FODMAP	Lactose	Fructose	Fructans/GOS	Polyols
Low FODMAP (permitted)	<ul style="list-style-type: none"> Brie Camembert Cheddar Lactose free milk products 	<ul style="list-style-type: none"> Raspberries Parsnips Lettuce Courgette Pineapple 	<ul style="list-style-type: none"> GF bread and pasta Almonds Cucumber Broccoli Carrot 	<ul style="list-style-type: none"> Blueberries Lemons & Oranges Sweet potato Maple syrup Dark chocolate

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Medicines Management & Optimisation Service
Optum Commissioning Support Unit
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T 020 7121 0560 | E info@optum.co.uk | optum.co.uk

10th Floor, 5 Merchant Square, Paddington, London, W2 1AS

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