

What are FODMAPs and why should I avoid them?

FODMAPs are carbohydrates (sugars) that are found in certain foods. These carbohydrates are not fully absorbed in all people. This poor absorption causes bacteria in your intestines to react to the carbohydrates which may lead to gastrointestinal (GI) symptoms such as abdominal (belly) pain, gas, bloating, diarrhea and/or constipation.

People with Irritable Bowel Syndrome (IBS) can remove foods high in FODMAPs from their diet with the help of a Registered Dietitian. Typically, **50-75 out of 100 (50-75%) will see an improvement in their GI symptoms. These symptoms may even go away completely in some people!** Eating foods lower in FODMAPs may also help improve GI symptoms for people with Crohn's or Ulcerative Colitis (Inflammatory Bowel Diseases or IBD).

What does FODMAP mean?

FODMAP is an acronym of the scientific names for the types of sugars that cause symptoms:

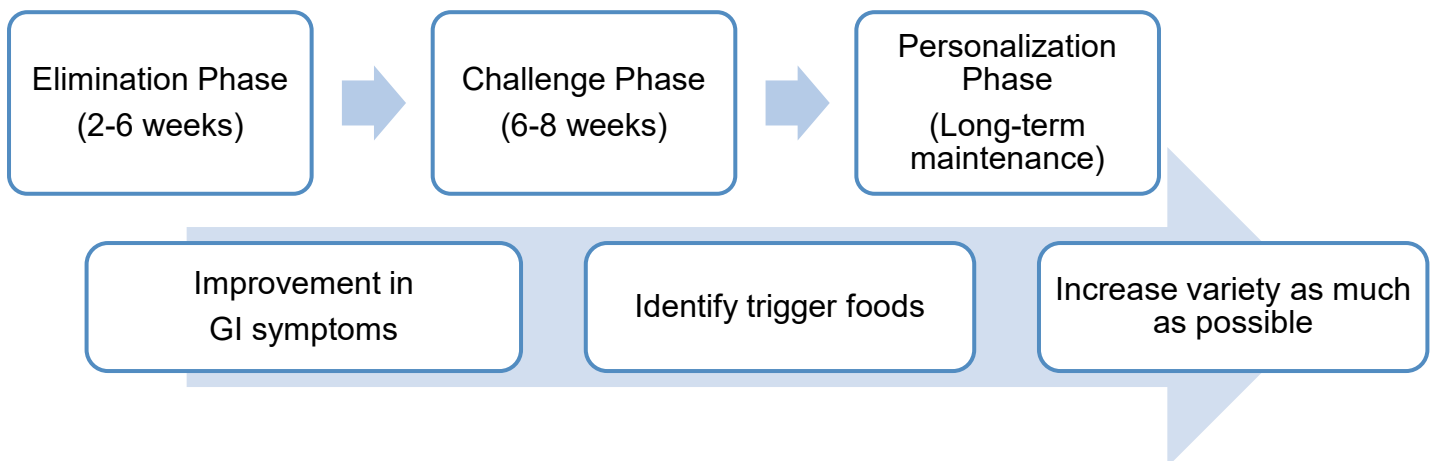
- Fermentable (produces gas in the intestines)
- Oligosaccharides (fructans and galactans/GOS)
- Disaccharides (lactose)
- Monosaccharides (excess fructose)
- And
- Polyols (sugar alcohols like sorbitol, maltitol, mannitol, xylitol and isomalt)

How does the low FODMAP diet work?

One important thing to know about the low FODMAP diet is that it's **not** a forever diet. It is done in 3 phases:

- 1) **Elimination phase** - remove potential triggers and improve symptoms
- 2) **Challenge phase** - identify triggers, expand diet
- 3) **Personalization phase** - achieve diet with the most variety while maintaining symptom improvement.

This diagram may help you understand the process, timeline and goals. The boxes in the **top** row represent the phases of the diet. The **bottom** row represents what you can expect for each phase.



Why do I need a Registered Dietitian (RD) to help me with this diet?

The low FODMAP diet has a high success rate when taught by an RD who fully understands the diet. People who try to follow it on their own are usually not successful. They may be choosing the wrong foods or the wrong portions. This could mean they are missing an opportunity to improve their GI symptoms. Your RD will guide you towards nutritious meals that will taste good and reduce your GI symptoms. Websites don't always give accurate information about this diet which is another reason we **strongly** recommend that you work with an RD who is an expert in how the low FODMAP diet should be followed.

What can I expect at an appointment with the RD?

You can expect to:

- Learn more about the low FODMAP diet approach and why it is effective
- Receive comprehensive low FODMAP and high FODMAP food lists from updated sources
- Receive guidance on how to follow the low FODMAP diet if you have other medical conditions
- Receive individualized menu planning tailored around your life schedule and cooking skills
- Learn about label reading and grocery shopping tips for eating a low FODMAP diet
- Gain confidence that you can eat a well-balanced, low FODMAP diet

To meet with a dietitian who can help you with the low FODMAP diet, please ask your doctor for a referral.

Where can I learn more?

If you would like to learn more about the Low FODMAP diet approach before your initial consultation with the RD, visit the Michigan Medicine website “My Nutrition Health”: www.myginutrition.com

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