

## **Nutrition for IBS (low FODMAP)**

The link between foods and digestive disorders is well recognized, and there is a good chance that FODMAPs increase IBS symptoms. FODMAPs are short chain carbohydrates that are poorly absorbed in the small intestine.

What are FODMAPs?

- Fermentable – meaning they are broken down (fermented) by bacteria in the large bowel
- Oligosaccharides – “oligo” means “few” and “saccharide” means sugar. These molecules are made up of individual sugars joined together in a chain
- Disaccharides – “di” means two. This is a double sugar molecule
- Monosaccharides – “mono” means single. This is a single sugar molecule
- Polyols – these are sugar alcohols

Not all FODMAPs bother all individuals. Try to eliminate all high FODMAP foods and when doing the challenge phase you can carefully introduce one high FODMAP food at a time to see if it causes a trigger. Once you figure out which foods bother you, simply avoid those.

To get started, please visit: <http://www.katescarlata.com/lowfodmapdietchecklists/> Please consult a registered dietitian or qualified health professional for further recommendations.

This medical and/or nutritional information is not intended to be a substitute for individual advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.