



FODMAP Gentle Approach for irritable bowel syndrome (IBS)

This leaflet gives dietary and lifestyle advice on managing your IBS. Please contact your dietitian for more detailed advice.

Your name: _____
Your dietitian: _____
Dietitian contact number: _____

What are FODMAPs?

FODMAP stands for **F**ermentable (wind-producing), **O**ligosaccharides, **D**isaccharides, **M**onosaccharides and **P**olyols. These are a group of carbohydrates naturally occur in varying amounts, in a variety of foods. Eating foods rich (high) in FODMAPs can lead to changes within the digestive system, causing IBS symptoms such as diarrhoea, constipation, wind, bloating, and pain. The FODMAP Gentle Approach helps you identify the high FODMAP foods that may be causing your IBS symptoms.

The FODMAP Gentle Approach includes 3 steps:

1. **Step 1: Restriction** – avoiding certain ‘challenge’ foods
2. **Step 2: Reintroduction** – gradually re-introducing ‘challenge’ foods
3. **Step 3: Personalisation** – using the results of steps 1 and 2 to personalise your diet to manage your IBS symptoms

While following this diet to rule out certain foods, please ensure you continue to follow first line IBS advice, e.g. eat regular meals, limit fatty foods, limit caffeine, alcohol, and fizzy drinks, take time to eat your meals and chew your food well.

The FODMAP Gentle Approach

Step 1: Restriction

Avoid the high FODMAP foods listed below for 2 to 6 weeks. Also, check food labels of packaged foods to see if they contain any of the high FODMAP foods listed and aim to avoid these products.

High FODMAP foods to avoid:

- *Grains*: Wheat and rye
- *Vegetables*: Onion, garlic, leek, cauliflower, and mushrooms
- *Fruit*: Apple, pear, dried fruit, watermelon and stone fruit (e.g. peach, nectarine, plum and cherries)

- **Dairy:** Cow's / goat's/ sheep milk and yogurt
- **Legumes:** e.g. beans, pulses, chickpeas and lentils.

Low FODMAP foods that you don't need to avoid include:

- **Starchy carbohydrates:**
 - Rice, including Rice Krispies, rice cakes, rice bran and rice crackers
 - Potatoes
 - Barley
 - Buckwheat
 - Millet
 - Polenta
 - Quinoa
 - Oats, including oat bran, oat-based crackers and biscuits
 - Wheat-free and gluten-free alternative breads and pasta
 - Corn, including cornflakes, corn cakes
 - 100% sourdough spelt bread.
- **Vegetables:** All vegetables are suitable other than ones included in the 'avoid' section (onion, garlic, leek, cauliflower, and mushrooms).
- **Fruit:**
 - All fruit are suitable other than ones listed in the 'avoid' section (apple, pear, dried fruit, stone fruit and watermelon).
 - Make sure you have no more than three portions of fruit per day and spread portions out throughout the day – one portion of fruit is 80g or one handful.
 - Only have fruit juice from allowed fruit and have no more than 150ml fruit juice per day.
- **Dairy:**
 - Lactose-free milk, oat, soya, rice or nut milk are suitable alternatives
 - Lacto-free yoghurts, soya, and coconut yoghurts – avoid options that contain restricted fruits (apple, pear, dried fruit, stone fruit and watermelon).
- **Protein:**
 - All protein sources are suitable e.g. chicken, turkey, fish, beef, lamb, tofu, soya protein alternatives and Quorn.
 - The only exceptions are legumes e.g. beans, pulses, chickpeas and lentils.

Suggestions for swapping ingredients from high to low FODMAP foods

High FODMAP ingredients	Low FODMAP ingredient alternatives
Onion	Green part of spring onion, chives, asafoetida Fry onions / garlic in oil to flavour the oil. Drain off and throw away the onions and garlic but use the flavoured oil in cooking. Use shredded white cabbage for onion texture.
Garlic	Garlic infused oil

Bread	Gluten-free bread or 100% sourdough spelt bread
Pasta	Gluten-free or wheat-free pasta
Milk, yogurt	Lactose-free milk and yogurt, nut milk, soya milk
Flour	Wheat-free flour, cornflour

Top tips for achieving a successful Step 1: Restriction

- Spend time planning your meals before starting the restriction phase.
- Focus on what you can have and not on what you can't.
- Consider bulk cooking low FODMAP meals and store them in the freezer.
- Keeping a 3-day food diary can help you identify any high FODMAP foods in your diet. Bring the diary to your next appointment and the dietitian can help support you with some food swap ideas.

If your symptoms don't improve

If you have carefully avoided high FODMAP foods and your symptoms have not improved within 6 weeks, it is unlikely this FODMAP Gentle Approach will be helpful for you. Please let your dietitian know and re-introduce the high FODMAP foods that you've been avoiding.

If your symptoms have improved

You can now move on to Step 2: Re-introduction stage.

Step 2: Re-introduction

Use the diagram (right) to help guide you. You may also find it helpful to keep a food, mood and symptom diary.

You can re-introduce the high FODMAP 'challenge' foods in any specific order. If there is a food you have missed eating, you can re-introduce that one first. Re-introduce each high FODMAP food, one at a time, over a 3-day period. Start with one-third of your normal portion on Day 1 and double the portion over the next 2 days, as tolerated. Quantities on the next few pages are suggestions and can be adapted accordingly.



If you get symptoms at any point, allow 3 days for symptoms to settle before starting the next food challenge.

If you do not normally eat a restricted food, you do not have to complete the re-introduction stage for this food.

Grains:

Bread

Day	Quantity	Symptoms
1	One slice white / wholemeal	
2	Two slices white / wholemeal	
3	Three slices white / wholemeal	

Cooked pasta

Day	Quantity	Symptoms
1	5 tablespoons	
2	10 tablespoons	
3	15 tablespoons	

Wheat based breakfast cereal (e.g. bran flakes or Weetabix)

Day	Quantity	Symptoms
1	1 tablespoon or 1 biscuit	
2	2 tablespoons or 2 biscuits	
3	3 tablespoons or 3 biscuits	

Vegetables:

Onion (raw or cooked)

Day	Quantity	Symptoms
1	1 tablespoon	
2	2 tablespoons	
3	3 tablespoons	

Garlic

Day	Quantity	Symptoms
1	¼ clove	
2	½ clove	
3	¾ clove	

Leek

Day	Quantity	Symptoms
1	½ leek	
2	1 leek	
3	1 ½ leeks	

Cauliflower

Day	Quantity	Symptoms
1	60g	
2	120g	
3	180g	

Mushrooms

Day	Quantity	Symptoms
1	2 tablespoons	
2	4 tablespoons	
3	6 tablespoons	

Fruit:

Apple

Day	Quantity	Symptoms
1	1/3 apple	
2	2/3 apple	
3	Whole apple	

Pear

Day	Quantity	Symptoms
1	1/3 pear	
2	2/3 pear	
3	Whole pear	

Stone fruit (e.g. mango, plum, peaches)

Day	Quantity	Symptoms
1	1/3 chosen fruit	
2	2/3 chosen fruit	
3	Whole chosen fruit	

Dried fruit (e.g. dates, prunes, figs, sultanas)

Day	Quantity	Symptoms
1	1 piece / 1 teaspoon	
2	2 pieces / 2 teaspoons	
3	3 pieces / 3 teaspoons	

Watermelon

Day	Quantity	Symptoms
1	1/3 usual portion size	
2	2/3 usual portion size	
3	Usual portion size	

Dairy:**Milk**

Day	Quantity	Symptoms
1	125ml	
2	250ml	
3	375ml	

Yogurt (plain)

Day	Quantity	Symptoms
1	125g	
2	250g	
3	375g	

Legumes/ beans:**Butter beans**

Day	Quantity	Symptoms
1	40g	
2	80g	
3	120g	

Chickpeas

Day	Quantity	Symptoms
1	80g	
2	160g	
3	240g	

Step 3: Personalisation

Once you have completed the re-introduction phase, you should have a better understanding of which foods trigger your IBS symptoms and which high FODMAP foods you are able to tolerate and in what quantities.

You should now stop the FODMAP Gentle Approach and personalise your diet to manage your IBS symptoms. Be mindful of the cumulative effect of a high FODMAP meal, such as pizza, which may include more than one high FODMAP ingredient and which may trigger gut symptoms.

You may want to repeat the food challenges again in 3 to 6 months' time to check whether your tolerance has changed.

Please discuss with your dietitian if you did not notice any change in your IBS symptoms while following the FODMAP Gentle Approach.

Useful contacts

British Dietetic Association 'Food Fact Sheets' www.bda.uk.com/foodfacts/home

The IBS Network Tel: 0114 272 32 53 Email: info@theibsnetwork.org

Web: www.theibsnetwork.org

Guts UK – www.gutscharity.org.uk

Talking Health 'CBT for IBS' – Berkshire Healthcare Tel: 0300 365 2000

Email: talkingtherapies@berkshire.nhs.uk

Web: www.talkinghealth.berkshire.nhs.uk

MIND www.mind.org.uk

Drinkaware www.drinkaware.co.uk

Useful apps

- Headspace: guided meditation and mindfulness <https://www.headspace.com/>
- Calm: guided meditation and mindfulness <https://www.calm.com/>
- Nerva: gut-directed hypnotherapy to help improve IBS symptoms <https://try.nervaibs.com>

To find out more about our Trust visit www.royalberkshire.nhs.uk or www.berkshirehealthcare.nhs.uk

Please ask if you need this information in another language or format.

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