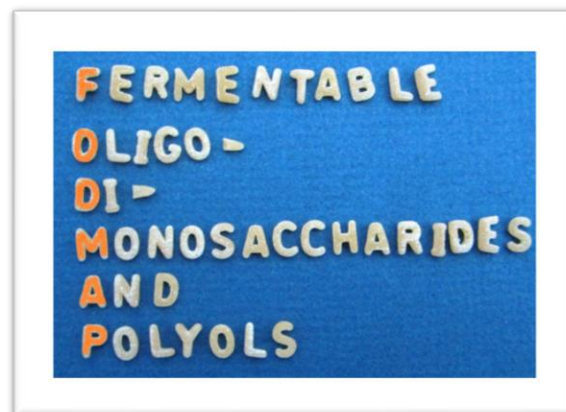


Low FODMAP diet

North Devon District Hospital

Dietetic Service



Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

What are FODMAPs?

FODMAPs are fermentable carbohydrates that are poorly absorbed in the bowel.

Research has shown that FODMAPs can be linked to symptoms associated with Irritable Bowel Syndrome (IBS), such as variable bowel habit, abdominal pain, flatulence or bloating.

FODMAPs can be found in a range of different foods/drinks, so it very important that if you are considering a low FODMAP diet that you get specialist support from a trained dietitian.

The low FODMAP diet consists of **three different stages and it is important that you complete each one.**

Stage 1 – restriction phase

Stage 2 – reintroduction phase

Stage 3 – personalisation phase

By completing all of these stages you will reintroduce FODMAPs into your diet in a controlled way. This will help you understand your point of tolerance for various FODMAPs.

The aim of this diet is for you to understand your tolerance of various FODMAPs so that you can have a varied diet. It is important to have a varied diet to ensure your body gets all the vitamins and minerals it needs.

Is the diet effective?

The low FODMAP diet has been well researched. The diet is effective for about 70% of people with IBS who try it. It works by improving the gut symptoms associated with IBS.

Since the diet is quite a complex approach, it is important that you receive good quality advice on how to follow the diet.

Do I need to see a dietitian?

The diet is recommended to be used with specialist dietary advice from a dietitian. This is because:

- High FODMAP ingredients are often hidden in packaged foods. You will need to learn about how to read food labels and how to make sensible decisions when eating out.
- Much of the information available on the internet, and from other sources, may be out of date and create confusion regarding which foods to include and which foods to exclude.

If you follow a low FODMAP diet without support from a dietitian, you may miss out certain foods from your diet that are essential to your health.

Before considering the low FODMAP diet, many patients have found simple changes can make a huge difference to their symptoms:

- Make sure you eat 3 regular meals per day
- Never skip meals – have breakfast, lunch and dinner
- Sit down and take your time to eat – never eat in a rush
- Take regular exercise – walking, swimming, cycling, football, Pilates, yoga
- Make time to relax

If you feel that any of these are impossible, then specific dietary interventions are unlikely to help.

Dietary changes can often help IBS symptoms and sometimes simple changes are all that are needed.

Further information

If you have any queries about your diet, please do not hesitate to contact the dietetic team.

Nutrition and Dietetic Department
North Devon District Hospital
Barnstaple
Telephone: 01271 322306 (Monday – Friday)

Useful websites

NHS, Lactose Intolerance (online) Available at: www.nhs.uk/conditions/lactose-intolerance
(Accessed 27/8/2019)

Coeliac UK, Lactose Intolerance (online) Available at: www.coeliac.org.uk/information-and-support/coeliac-disease/conditions-linked-to-coeliac-disease/lactose-intolerance
(Accessed 28/8/2019)

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.northdevonhealth.nhs.uk

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