

FODMAPS

FODMAP is the acronym for **F**ermentable **O**ligo-saccharides, **M**ono-saccharides and **P**olyols. (FOMPs was not nearly as popular).

In English, this means poorly absorbed short-chain carbohydrates. And poor absorption means quick transformation by gut bacteria and the production of gas.

The result can include diarrhea or constipation, bloating and abdominal pain. And low FODMAP diets can significantly reduce gut distress.

Examples of FODMAPS include:

Fructose, the fruit sugar found in apples, pears, mango or honey;

Fructans, a conglomeration of fructose molecules found in artichokes, asparagus, leeks, garlic, onions, jicama, wheat and rye,

Lactose, the milk sugar found in dairy products (but not the fermented milk termed kefir);

Polyols, sugar alcohols found in “sugar free” gum such as sorbitol, xylitol, malititol, erythritol and isomalt.

The greatest challenge with FODMAPs is that many FODMAP foods serve as pre-biotics and encourage healthy gut bacteria. Fructans are especially important prebiotics. For this reason, self-assessment for response is very important. If there are no symptoms, there is no reason to exclude these from one’s diet.

Please note that elimination diets for the 5 most common adverse food reactivity (wheat, corn, dairy, legumes, nightshades) overlaps with the FODMAP list in many ways. Is one wheat/gluten intolerant or FODMAP intolerant? Is one dairy intolerant or lactose intolerant? And, does one have difficulty digesting some short-chain carbohydrates or does one have immune system (IgE or IgG) food reactivity?

Breath hydrogen tests can be used to help guide food choices. However, as fitting for **Trust Your Gut**, we encourage use of the food and symptom diary to self-assess your own body’s response. Elimination for 2-4 weeks and rotation (slow re-introduction) provide good insights without medical expenses.

A great resource for a low FODMAP diet is available at: here link to <http://www.med.monash.edu/cecs/gastro/documents/booklet-order-form-august-12.pdf>

“Money raised by sales of the FODMAP diet booklet supports further research and food analysis at Monash University in Melbourne, Australia”