



SKY THERAPEUTICS  
MODERN NUTRITION SOLUTIONS

*Your Ultimate  
Guide to*

**IBS and the  
Low FODMAP  
Diet**

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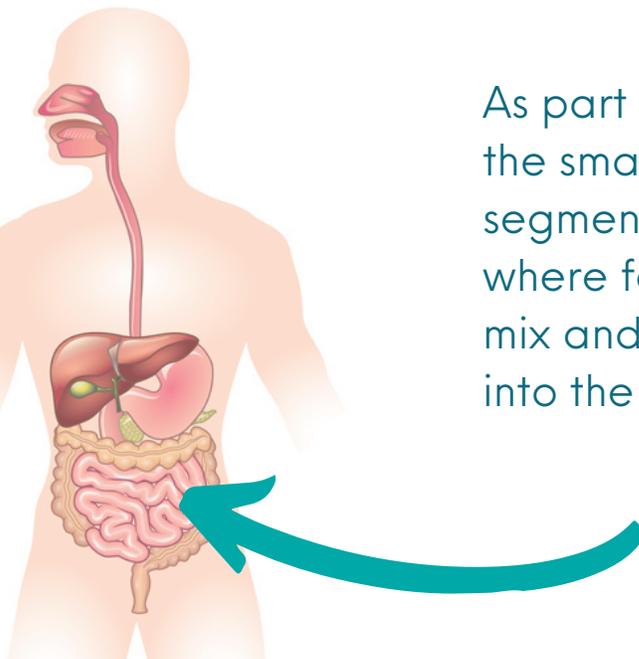
# What is IBS?

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## Irritable Bowel Syndrome

IBS is a chronic condition characterized by symptoms of diarrhea, constipation, flatulence, bloating, and abdominal pain. The disorder is classified by whether diarrhea or constipation is predominant (IBS-D or IBS-C).

Prevalence of IBS on a global scale is estimated as 10–20%, with women and people under age 50 experiencing higher rates. The onset of IBS is often preceded by episodes of anxiety and depression and/or adverse life events.



As part of the digestive tract, the small intestine is the longest segment of the tract and houses where food and digestive juices mix and nutrients are absorbed into the bloodstream.

# Potential Causes

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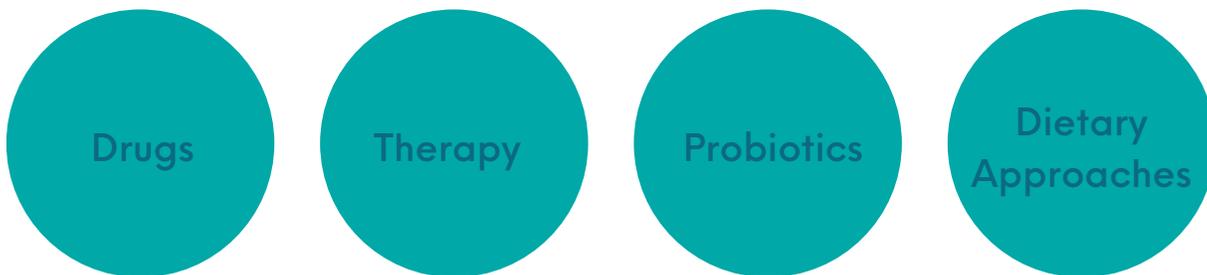
It is not entirely known why some people develop IBS but here are a few hypotheses:

- **Small Intestinal Bacterial Overgrowth (SIBO).** Excess bacteria in the small intestine – SIBO can arise from many conditions, but usually the development of the disorder is complex in nature
- **Chronic intestinal inflammation**
- **Visceral hypersensitivity.** Extreme discomfort as a result of changes in pressure in the abdomen, such as in the process of bloating
- **Genetic factors**
- **Altered motility.** Abnormal intestinal contractions – may have either constipation or diarrhea as a result
- **Altered gut microbiome.** Microbial imbalance in the gastrointestinal tract
- **Enhanced communication of the gut brain axis.** In IBS, enhanced biochemical signaling occurs between the gastrointestinal tract and the central nervous system (brain and spinal cord). – an altered gut microbiome may also play a role in this relationship.

# Treatments

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## Common treatment approaches:



An individualized diet should be the best approach to treating IBS due to the lack of side effects and potential efficacy in relieving symptoms.

## Common dietary approaches include:

- Consume more soluble fiber
- Eat small meals throughout the day
- Limit caffeine
- Limit alcohol
- Limit high-fat foods
- Limit spicy foods

Note: there is no strong evidence that these practices constitute an effective treatment method. Dietary approaches to treating IBS are very individualized. Up to 89% of individuals with IBS have identified specific foods that trigger IBS symptoms in as soon as 15 minutes to 3 hours.



Fermentable



Oligosaccharides



Disaccharides



Monosaccharides



and

All of these are different forms of carbohydrates that, with normal gut function, are easily digested. In individuals with IBS, these carbohydrates tend to ferment in the gut. Significant discomfort results from both the gas released by fermentation and the intense abdominal pain (visceral hypersensitivity) that those with IBS experience.



Polyols

# What are FODMAPS?

FODMAPs are carbohydrates found in foods that may be poorly absorbed in the small intestine. Since these carbohydrates are poorly absorbed, they arrive to the colon still intact and they are fermented by bacteria, resulting in gas.

FODMAPs may also have an osmotic effect, which means they draw water into the digestive tract. These actions in the gut can cause symptoms of diarrhea, constipation, gas, bloating and/or cramping for some individuals.

**Some foods can be high or low FODMAP depending on certain characteristics, such as processing or the amount or part of a food.**



- Scallion bulbs (the white part) are high FODMAP, but the green stalks are low FODMAP.
- 1 cup of canned chickpeas is high FODMAP, but 1/4 cup is low FODMAP.
- Dry lentils are high FODMAP, but 1/4 cup canned lentils is low FODMAP.
- Garlic is high FODMAP, but garlic-infused olive oil is low FODMAP.
  - This is because the high FODMAP carbohydrates in garlic are water-soluble, so they do not leach out into the oil.





# High-FODMAP Foods

## Oligosaccharides



### Vegetables

- Garlic, Leeks, Onions, Scallion Bulbs, Peas, Shallots, Artichokes

### Fruit

- Banana, Currants, Dates, Dried Figs, Grapefruit, Nectarine, Persimmons, Plums, Prunes, Peaches, Watermelon

### Grains

- Rye, Wheat, Barley

### Nuts

- Pistachios, Cashews

### Beans

- Kidney, Borlotti, Black, Fava, Navy, Soy, Split Peas

### Other

- Carob, Inulin, Chicory Root Extract, Teas (Oolong, Fennel, Chomomile)

## Disaccharides

Disaccharides are primarily found in lactose, which is in dairy products. These include the following:

- Ricotta Cheese
- Cottage Cheese
- Milk
- Yogurt
- Ice Cream
- Custard





# High-FODMAP Foods

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## Monosaccharides

### Vegetables

- Asparagus, Jerusalem Artichokes, Sugar Snap Peas, Sun-Dried Tomatoes

### Fruit

- Apples, Fresh Figs, Watermelon, Boysenberry, Mango, Cherries, Pears

### Sweeteners & Alcohol

- Agave, Honey, Rum, High-Fructose Corn Syrup



## Polyols

### Vegetables

- Cauliflower, Mushrooms, Snow Peas



### Fruit

- Apples, Cherries, Yellow Peaches, Watermelon, Apricots, Nectarines, Plums, Blackberries, Pears, Prunes

### Sweeteners

- Sorbitol, Xylitol, Mannitol, Isomalt

As you can see, the list of high FODMAP foods is extensive and contains foods that are part of a balanced and healthy diet - fruits, vegetables, low-fat dairy, grains, nuts, and legumes. The most up-to-date, comprehensive list of high FODMAP foods can be found on the Monash University FODMAP Diet app.

# Implementation of a Low FODMAP Diet

## STEP 1 | Elimination

- All high-FODMAP foods are eliminated for 4-8 weeks

## STEP 2 | Reintroduction

- High-FODMAP foods are reintroduced by category
- RD will review symptom history to decide which FODMAP categories to introduce first
- Throughout this process, a food diary and log of gastrointestinal symptoms should be maintained

A strict low FODMAP diet is not necessarily a long-term diet. In order to create a sustainable solution, foods that can be well tolerated should be added back into the diet

It is important to note that any significant change in diet should be done under the supervision and guidance of a credentialed healthcare professional such as a Registered Dietitian (RD). Following a restrictive diet is not only challenging, but it poses some hazards. By removing nutrient-dense foods from the diet, individuals with IBS may have trouble getting enough calories, fiber, vitamins, and minerals. Individuals also may develop a more complicated relationship with food and think that every food is making them sick. The low FODMAP diet for individuals with IBS is effective compared to existing dietary recommendations. However, there is no generalized dietary approach that will work for everyone - a treatment plan should be individualized.

# Strategies for Success

Seek help from a credentialed healthcare professional

Cook meals to control all the ingredients in your food

Download the Monash University FODMAP app

Take time to meal plan

Enjoy a variety of low-FODMAP foods

Implementation

IBS & the Low-FODMAP diet



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