



THE LOW FODMAP DIET

# THE PROCESS

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# TODAY ...

I'll be discussing

- Eliminating FODMAPs
- Why challenge FODMAPs?
- How to structure a challenge
- How to interpret results
- How to reintroduce to optimise long term management



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# ELIMINATING FODMAPS

- First phase of process
- High FODMAP foods require elimination
- Assess change in symptoms
- Period of 2-8 weeks, pending the research you read
- No more than 4 weeks is recommended as best practice



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# WHY CHALLENGE FODMAPS?

- Important to individually test each type of FODMAP
- Separate similar groups, ie Fructans
- Unlikely all types of FODMAPs are triggers
- Knowing triggers and tolerance threshold makes management easier long term
- Having a social life is easier!
- Better nutritional adequacy
- Gut health - prebiotics

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# HOW TO STRUCTURE A CHALLENGE

## Protocol One:

Day 1 - Small portion of challenge food

Day 2 - Moderate dose of challenge food

Day 3-5 - Larger dose of challenge food

Return to low FODMAP diet for 3 days

## Protocol Two:

Day 1-5 - Small/Moderate portion of challenge food on days 1, 3 and 5

Day 6-7 - Large dose of challenge food

Return to low FODMAP Diet for 3 days

If symptoms return during a challenge, stop challenge, return to low FODMAP diet

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# EXAMPLE OF A FOOD CHALLENGE

Lactose

Up to 5 days

1-2 cups of milk or plain yoghurt for each day

Start with a smaller serve (ie 1 cup). If ok after 2 days, increase to 2 cups.

Consume how the individual would usually have it, eg with breakfast, as a snack

Return to low FODMAP Diet for 3 days

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# EXAMPLE OF A FOOD CHALLENGE

Garlic

Up to 7 days, alternating days 1-5 (ie day 1, 3 and 5), then daily days 6-7

1/2 a garlic clove or 1 small clove of garlic

Consume how the individual would usually have it, e.g. in an otherwise low FODMAP meal

Return to low FODMAP Diet for 3 days



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# HOW TO INTERPRET RESULTS

What do we mean by 'symptoms' and 'reacting'?

When did the person react?

What symptoms did they start to experience?

When did they stop the challenge?

How long did it take for symptoms to settle?



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# WHY REINTRODUCE?

Variety

Prebiotics

Healthier microbiome

Nutritional adequacy

Makes life easier!



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# REINTRODUCTIONS

Step 1: Reintroduce foods from the groups with no reaction

Step 2: Reintroduce foods from the groups with a minor reaction

Step 3: Experiment with foods from groups with a severe reaction, in very small amounts

Some groups are more important than others - eg prebiotic foods

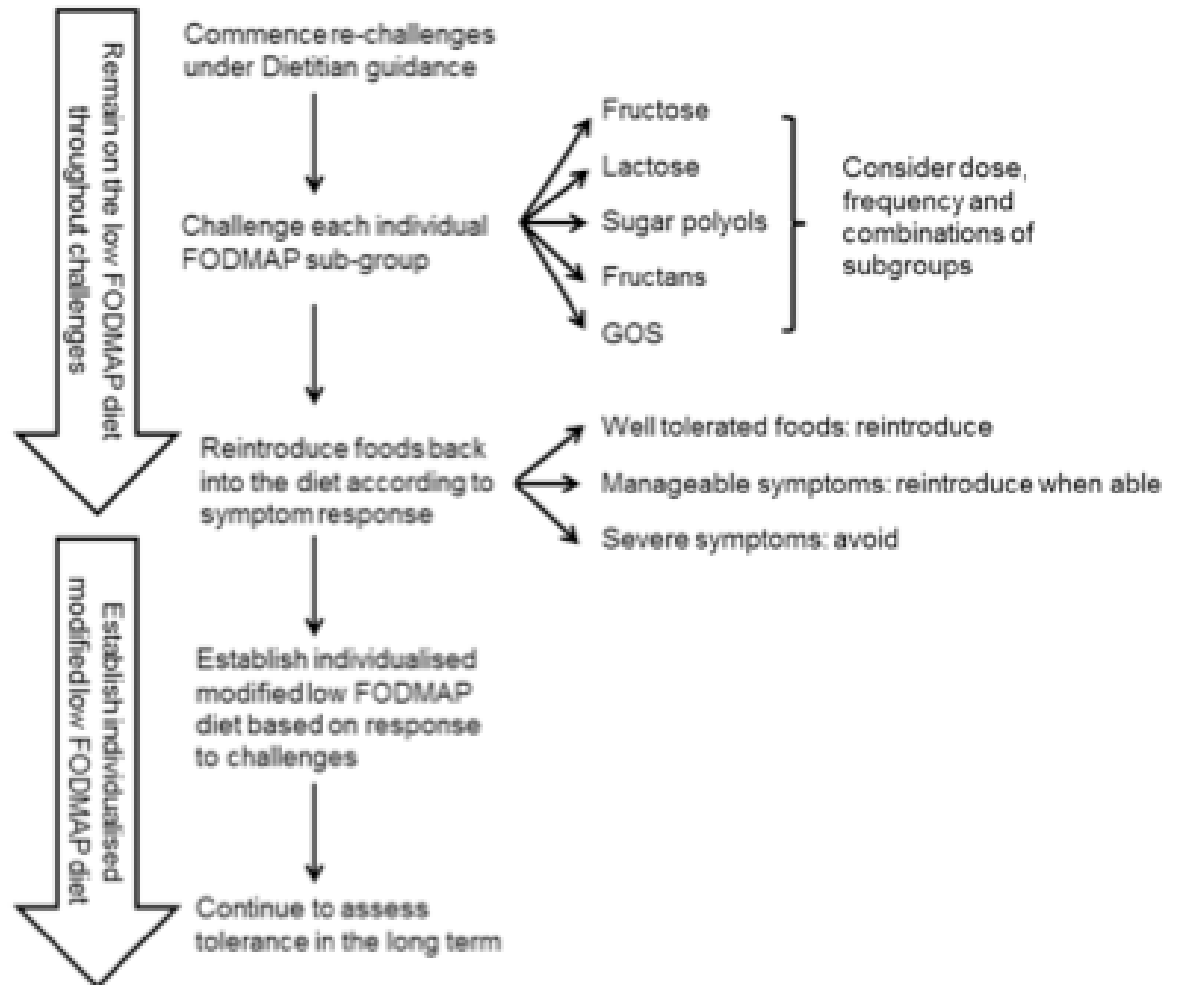


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## Re-challenging FODMAPs: the low FODMAP diet phase two



# IN SUMMARY

1. Elimination of high FODMAP foods for up to 4 weeks
2. Move through each individual challenge
3. Liberalise diet - reintroduction is important, and an often missed step



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# CONTACT ME

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