

The low FODMAP diet

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There is a growing body of evidence that the low FODMAP diet is effective in improving symptoms of IBS. FODMAP stands for:

- **F**ermentable
- **O**ligo
- **D**i
- **M**ono-saccharides
- **A**nd
- **P**olyols

These are a group of short-chain carbohydrates that are not very well absorbed in the gut (small intestine). These carbohydrates are easily fermented and cause more fluid to enter the large bowel, leading to gas, bloating and diarrhea. Reducing the total amount of these fermentable sugars may improve IBS symptoms. The low FODMAP diet should be tried with the assistance of a dietician.