

# FOOD for a flatter tummy

## WHY THIS NEW DIET CAN

banish bloating  
FOR EVER

If you suffer from symptoms such as bloating, wind, pain, diarrhoea and/or constipation you may have irritable bowel syndrome (IBS) – a condition that affects about 15 % of the population. The good news is, a low FODMAPs diet may help, according to recent research.

### What are FODMAPs?

FODMAPs are short chain carbohydrates or natural sugars that are found in a range of foods. They are poorly absorbed in the small intestine of some people, resulting in excess water delivery to the bowel or production of unwanted gas! They include fermentable oligo-saccharides (fructans and galactans), di-saccharides (lactose), mono-saccharides (fructose) and polyols. New studies from Monash University in Australia, show that avoiding these sugars or cutting them down can greatly benefit people with irritable bowel.

### Which foods should I avoid?

To work out if a low FODMAPs eating plan can help you, eliminate or reduce your intake of the following foods for 4-8 weeks and see if your symptoms improve.

**Fructans:** custard apple, persimmon, rambutan, watermelon, white peaches, artichoke, asparagus, beetroot, broccoli, fennel, peas, garlic, okra, onion (white, brown, Spanish, spring onion (white part only), shallots, leeks), rye and wheat (as a main ingredient in bread, cereals, pasta, snack foods etc.), chicory based coffee substitutes (Caro, Ecco), Dandelion tea, inulin (a fibre ingredient), added Fructo-Oligoaccharides.

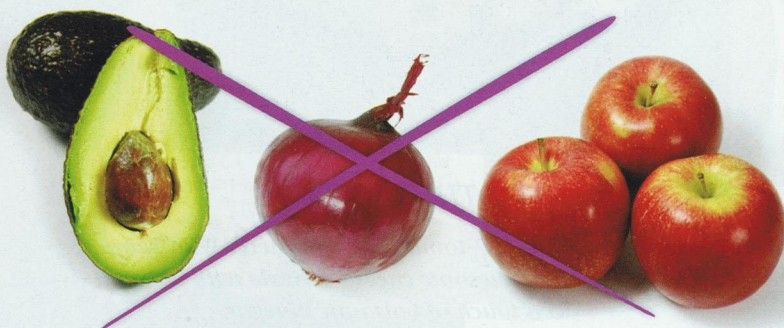
**Galactans:** cabbage, Brussels sprouts, and legumes (e.g. chickpeas).

**Lactose:** cows milk, condensed and evaporated milk, yoghurt, soft cheeses, custard and ice-cream.

**Fructose:** apples, mango, pear, nashi pear, clingstone peaches, watermelon, sugar snap peas, honey, fructose corn syrup, tinned fruit in natural pear juice. Limit dried fruit and juice.

**Polyols:** apples, apricots, avocado, blackberries, cherries, longans, lychees, nashi pears, pears, nectarines, plums, watermelon, cauliflower, mushrooms, snow peas, beer, wine and artificial sweeteners.

As you may not be sensitive to all the FODMAPs sugars, it's a smart idea to seek out the help of an Accredited Practising Dietitian experienced with FODMAPs, to help you work out your tolerance level and plan a balanced diet.



### 3 things to look out for when eating out

1. Mashed potato with milk – go for a jacket potato instead
2. Onion in pasta sauces and gravies
3. Wheat in pizza bases and pasta – many restaurants offer a gluten free variety

### Cooking the low FODMAPs way

It may initially feel like there is nothing left to eat when trialling a low FODMAPs diet! With careful planning and a shopping list of 'safe foods', you will soon get the hang of it.

### 4 low FODMAPs meal ideas:

- Risotto with pumpkin, spinach and chicken (using gluten free stock)
- Beef stir-fry (using gluten free soy sauce) with bok choy, carrot, zucchini and red capsicum on a bed of rice noodles
- Hearty veggie soup (made with low FODMAPs vegetables) and gluten free multigrain bread
- Oven baked fish with lemon and oregano served with roast vegetables (sweet potato, pumpkin, corn and eggplant chunks) and drizzled with extra virgin olive oil

Following a low FODMAPs diet can be a key to managing your irritable bowel. If you are a sufferer, it is also important that your doctor rules out other serious bowel conditions such as Coeliac or Crohn's Disease.

*Story by Monica Kubizniak who's a Senior Lifestyle Dietitian and Sue Radd the Founding Director and internationally published Author of **Eat to Live**, based at the Nutrition and Wellbeing Clinic in Sydney.*

*Sue and Monica are running a delicious low FODMAPs cooking workshop. For details go to [www.sueradd.com](http://www.sueradd.com) or call (02) 9899 5208.*