

# The Low FODMAP Diet for IBS

The Low FODMAP diet is a science-based nutritional approach specifically designed to manage symptoms of Irritable Bowel Syndrome).

Developed by researchers at Monash University, this diet helps identify specific dietary triggers that cause gas, bloating, and abdominal pain.

At Canterbury Endoscopy, we recommend this approach for patients who have had other underlying conditions ruled out and are looking for a structured way to manage functional gut symptoms.

## What are FODMAPs?

FODMAP is an acronym for a group of short-chain carbohydrates (sugars) that are poorly absorbed in the small intestine.

When these sugars reach the large intestine, they are fermented by our gut bacteria, thereby producing gas and drawing water into the bowel—leading to the classic symptoms of IBS.

FODMAP stands for:

- Fermentable
- Oligosaccharides (e.g., wheat, rye, onions, garlic, legumes)
- Disaccharides (e.g., lactose in dairy)
- Monosaccharides (e.g., fructose in honey, apples, high-fructose corn syrup)
- And
- Polyols (e.g., sorbitol and mannitol found in some fruits and artificial sweeteners)

## Is the Low FODMAP diet a weight-loss diet?

No. While some people may lose weight due to changes in food choices, the primary goal is symptom management. It is important to maintain an adequate caloric intake during dietary modification and is best done under supervision of a specialised GI dietician.

At Canterbury Endoscopy and Gastroenterology, a review with a specialised dietician can be arranged if needed.

## Can I do this diet on my own?

While there are many resources available, we highly recommend working with a specialist GI dietician. The diet is restrictive and, if done incorrectly or for too long, can lead to nutritional deficiencies or changes in gut microbiome health.

## Why are garlic and onions such common triggers?

Garlic and onions are high in Fructans (Oligosaccharides). These are highly fermentable and are common triggers for many people with IBS.

Even small amounts used for flavouring can cause significant bloating in sensitive individuals.

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