

Irritable Bowel Syndrome

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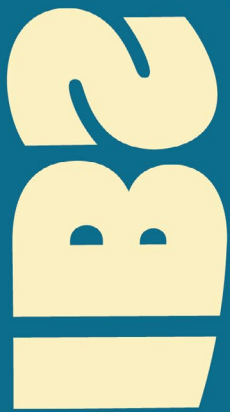
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This information is intended for use by those who have been given a formal diagnosis of IBS and been recommended to try a low FODMAP diet by a healthcare professional. It should be used under the guidance of a registered dietitian.



Symptoms include:

ABDOMINAL PAIN

People with IBS can have episodes of both constipation and diarrhoea. Symptoms of bloating and gas typically resolve after a bowel movement

DIARRHOEA

CRAMPING

BLOATING AND GAS

CONSTIPATION

How to use the FODMAP diet

Step 1: High FODMAPs are swapped for Low FODMAP alternatives for 2 to 6 weeks (see list)

Step 2: If symptoms improve, then gradually introduce FODMAPs. Try to introduce one FODMAP food every three days. Record symptom responses over 8-12 weeks

Step 3: You are now able to individualise your diet and understand which FODMAPs are tolerated and which trigger your symptoms

IBS is a common chronic gastrointestinal disorder affecting 1 in 7 adults.

Potential causes include:

- ♦ microbial imbalance in the GI tract
- ♦ social factors
- ♦ environmental factors

A **low FODMAP diet** is an effective therapy for relieving symptoms and improving quality of life

WHAT ARE FODMAPs ?

They are short-chain carbohydrates

Fermentable
Oligosaccharides
Disaccharides
Monosaccharides
And
Polyols



FOODS that increase the risk of IBS



Typical Western Diet high in saturated fat, animal protein, refined sugar and prepared processed food is associated with a higher risk

FOODS that reduce the risk of IBS



A diet composed of whole grains, fruits, vegetables, legumes, unsweetened beverages and vegetable fats is associated with a lower risk

Obtaining sufficient protein, iron, calcium, B12, vitamin D and omega-3 on a vegan low FODMAP diet can be challenging so professional advice is essential.

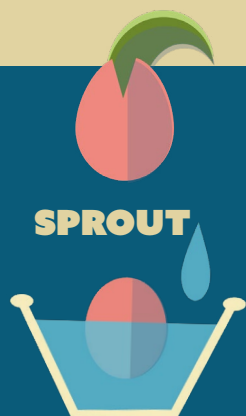
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Cooking methods to reduce FODMAPS



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SPROUT

Techniques such as soaking, sprouting and fermenting legumes, grains and nuts can reduce FODMAPS

Boiling lentils and red kidney beans on high heat for at least 10-15 minutes before simmering, then straining once cooked, can reduce oligosaccharide content by 70%.

Pressing and straining firm tofu lowers its overall FODMAP content. Silken tofu has higher FODMAP content than firm tofu.

Pickling some foods may lower FODMAP content, although this is debatable. You can try these foods, but please record your symptoms. Start with small amounts of pickled beetroot (rich in folate) or onion (rich in fibre).

What about probiotics?

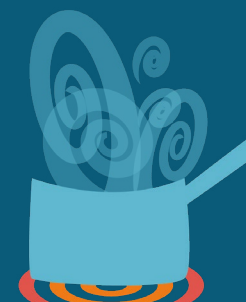
Probiotics may be of benefit, but to date there is not enough evidence to support their use. Instead, incorporate fermented, naturally probiotic foods such as water kefir, sauerkraut and kimchi.

Dietitian approved tip:

After following a FODMAP diet for 2 weeks, you can try to incorporate 2 tbsp of pulses into your favourite dish every other day. Record your symptoms and report them to your dietitian.



SOAK



FERMENT



BOIL



PRESS



PICKLE

How to add some flavour

Replace garlic with garlic-infused oil but do not confuse it with garlic-flavoured oil. Replace onion with the green part of spring onions.

Use herbs such as fennel for extra flavour on your plate. Cumin, coriander, turmeric, ginger, soya sauce and mustard are all low in FODMAPs.

Low FODMAP meal and snack ideas

- **Mediterranean salad:** in a medium bowl blend 2 red capsicum peppers, 6 cherry tomatoes, 2 boiled potatoes, 5 Kalamata olives, 1 courgette and a little extra virgin olive oil. Serve with fresh basil sprinkled with some paprika, cumin and salt.
- **Summery millet salad:** in a medium bowl put 200g boiled millet that has been previously soaked for at least 3 hours, a handful of rocket, 5 cherry tomatoes, cucumber, 1 red capsicum, vegetable stock (with no onion or garlic), garlic-infused oil, parsley, small amount of spring onions (the green part only), fresh basil, extra virgin olive oil, lemon (juice and zest). Salt and pepper to season.
- **Asian noodle soup:** In a large pan sauté (in soya sauce, balsamic vinegar, maple syrup, crushed ginger, cumin and paprika) edamame beans, small pieces of firm tofu and 100g of champignon mushrooms. Add some hot water with low FODMAP vegetable stock and place the rice noodles in the pan until they are boiled. Season with salt and pepper. In order to boost your iodine levels you can mix a small amount of kelp noodles along with rice ones.
- **Pumpkin soup:** Sauté small pieces of pumpkin, carrot, fresh fennel in soya sauce, ginger and red paprika, then add hot water flavoured with low FODMAP vegetable stock. Bring to boil until vegetables are soft. Once it is ready, purée with a hand blender. You can serve with 1 slice of toasted sourdough spelt bread, and for extra flavour you can add some extra virgin olive oil and balsamic vinegar on top of your bread.
- **Chickpea and quinoa casserole:** please note quinoa and chickpeas must be previously soaked overnight before you bring to boil. If you use a can then remember to drain all the liquid from the chickpeas well. Sauté a small amount of pumpkin and sweet potato in soy sauce, turmeric, ginger, coriander and pepper. Add the chickpeas (100g) and a can coconut milk, 1 tbsp of tomato puree and a small amount of hot water with low FODMAP vegetable stock, then stir well until vegetables are soft. Season with lemon juice. Serve with 2 cups of hot boiled quinoa.

Snacks and breakfast ideas

- **Tomato and basil bruschetta:** two portions, with extra virgin olive oil and balsamic vinegar.
- **Olive and tofu pate:** simply blend until smooth olives, tofu (that has been previously pressed and drained), with extra virgin olive oil, soya sauce and lemon juice. Can be kept in the fridge for 5 days. Recommended portion size 1-2 tbsp per day. Please use sourdough spelt bread for the above recipes.
- **Rice pudding with coconut milk and maple syrup:** Bring the rice to boil for 7 minutes until it starts softening and gradually start adding the coconut milk. You will need to stir frequently for approximately 20 minutes until the rice is tender and the mixture has thickened to your liking. If mixture is too thick you can add more milk. If mixture is too runny continue cooking – it will thicken up. At the end, add 1 tbsp of maple syrup and small pieces of banana.
- **Easy trail mix:** one handful of raisins, a few squares of dark chocolate, 2 average fruits (such as mandarins and strawberries) and 4 walnut pieces.
- **Strawberry and banana chia pudding:** Mix almond milk with banana and strawberries in a blender. Pour mixture into a bowl. Add maple syrup and chia seeds and mix together. Cover bowl with plastic film then refrigerate until set. You can always sprinkle on some dark chocolate chips.
- **Oat, cranberry and raisin energy balls:** Place oats into a food processor and process until flour-like consistency. Add cranberries, raisins, peanut butter and maple syrup to the food processor and continue to process until a dough begins to form and stick together. Add chocolate chips and pulse several times until well distributed through the dough. Using a large spoon, scoop out a spoonful of dough and roll between your hands into a neat ball shape. Place balls in an airtight container and store in the fridge.



Vegetables

*Beetroot (up to 6 slices)
 *Broccoli (up to 100g)
 *Brussel Sprouts (up to 100g)
 *Butternut Pumpkin (up to 50g)
 *Chilli
 *Common Cabbage (up to 100g - It is better to start with boiled cabbage first)
 *Cucumber
 *Green Beans
 *Peas (up to 100g)
 *Sweet Potato (one small)
 *Tomatoes (1 medium-twice a week max) or 5 Cherry tomatoes
 *Courgette
 Alfa, Alfa Sprouts
 Aubergine (remove the seeds)
 Bamboo Shoots
 Bean Sprouts
 Capsicum Peppers
 Carrots
 Chives
 Corn (up to ½ cob/100g)
 Endive
 Fennel
 Ginger
 Green Leaves
 Greens (Bok Choy, Choy Sum, *Kale, Lettuce, Silver beet, Spinach)
 Kelp
 Leek
 Okra (200g)
 Olives
 Parsnip
 Potato
 Radish
 Rocket
 Seaweed
 Spring onions (green tips only)
 Swiss Chard
 Turnips
 Water Chestnuts
 White Pumpkin
 Yellow Squash



Fruit

*Goji Berries
 Avocado (max 1/8)
 Banana
 Blackberries
 Blueberries
 Clementine
 Coconut (dried max 50g)
 Cranberries
 Dragon fruit
 Durian
 Grapefruit (¼ fruit)
 Grapes
 Kiwifruit
 Lemon
 Lime
 Mandarin
 Melon
 Orange
 Papaya Paw
 Passionfruit
 Paw
 Pear
 Pineapple
 Raspberries
 Rhubarb
 Starfruit
 Strawberries
 Tangerine



Spices

All Spice
 Five Spice
 Paprika
 Turmeric
 *Black Pepper
 Cardamom
 Cayenne Pepper
 Cinnamon
 Cumin
 Cloves (2 pieces max)
 Vanilla (preferably fresh)

Beverages

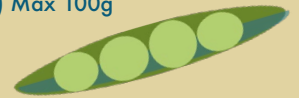
Mountain tea (Greek)
 Aniseed
 Coconut Water (100g max)
 Low-FODMAP Juices & Smoothies
 *Organic fair-trade coffee
 Green Tea
 White Tea
 Peppermint Tea
 Rooibos Tea
 Lemongrass & Ginger Tea
 Turmeric Tea

Nuts and Seeds

*Activated Almonds,
 Brazil Nuts (up to 2 pieces)
 *Chia Seeds, Flaxseeds,
 Hemp Seeds
 *LSA (Linseed, Sunflower & Almond)
 Macadamia Nuts
 Pecans
 Pine Nuts
 Pumpkin Seeds
 Sesame Seeds
 Sunflower Seeds
 Walnuts (4 pieces max)

Pulses

*Lentils (use red or black lentils preferably max 100g) (boil for at least 10 minutes)
 Red Kidney Beans (soak them for 24 hours, rinse with fresh water and boil for at least 30 minutes)
 *Chickpeas (max 50g) (soak them for 24 hours, rinse with fresh water and boil for at least 30 minutes)
 *Plain organic Tempeh (fermented) Max 100g
 *Plain organic Tofu Max 100g



Grains

Amaranth (soak for 3 hours and rinse well before boiling)
 *Buckwheat (100g) (soak for 3 hours and rinse well before boiling)
 *Gluten-free Oats
 Gluten-free pasta (Search for natural options such as GF made with Quinoa)
 Gluten-Free Corn Flakes
 Gluten-free Sprouted Bread
 Millet ((soak for 3 hours and rinse well)
 Oat Bran
 Polenta
 Quinoa (grain, flakes) (soak the whole grain for 3 hours and rinse well)
 Rice (all varieties - soak for at least 3 hours and rinse them well before boiling)
 Rice Bran
 Rice Noodles
 Kelp Noodles (Rich in iodine. Use small amount and in combination with rice noodles)
 Wild Rice (all varieties. Soak for at least 3 hours and rinse them well before cooking)

Snacks

*Chia Seed Pudding (use plant milk if homemade)
 *Kale Chips (check ingredients list for onions, garlic or cashews)
 Low FODMAP Soups (check ingredients list for onions, garlic or cashews)
 Quinoa Crackers
 Rice Cakes (max 3)
 Sundried Banana Chips (100g)

Fats/Oils

Avocado Oil
 Extra Virgin Olive Oil
 Hemp Seed Oil
 Sesame Oil

Dairy Alternatives

*Almond Milk
 Almond yogurt (plain)
 *Soya Milk (100ml)
 *Soya Yoghurt plain (100ml)
 Coconut Cream
 Coconut Milk
 Coconut Yoghurt
 *Oat Milk

Herbs

Basil
 Coriander
 Lemongrass
 Parsley
 Rosemary
 Tarragon
 Thyme
 Mint

Miscellaneous

Raw Cacao Nibs
 Stevia (avoid those with cyclamate as a preservative)
 Black and Green olives (6 pieces daily)
 Yeast Extract
 Pure Cane Molasses ½ tsp

Adapted from various sources; IBS.org, Monash University, BDA. Adjustments and suggestions by Despina Marselou, RD based on her clinical experience of managing patients with IBS and autoimmune conditions.

*** May cause digestive distress in some patients. If so, please report to your registered dietitian.**

Condiments and spreads

Almond Butter
 Aubergine Dip (Garlic and onion-Free)
 Hazelnut butter
 Coconut
 Himalayan Sea Salt (please be aware that is not iodized)
 Low-FODMAP Jam (please see the list with fruits)
 *Low-FODMAP Hummus (no onion or garlic- you can use black garlic in small quantities)
 Maple Syrup
 Macadamia Butter
 Miso (fermented soy bean paste)
 *Nutritional Yeast (up to 16g)
 Nori (Seaweed) Flakes
 Peanut Butter
 Rice Malt Syrup
 Sunflower Seed Butter
 *Sauerkraut
 Tamari
 Wholegrain Mustard
 Vinegar (1 tbsp)