

HEALTHY EATING

AND IRRITABLE BOWEL SYNDROME



IRRITABLE BOWEL SYNDROME



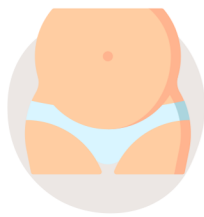
What is Irritable Bowel Syndrome (IBS)

- IBS is a common condition that affects the **digestive system**.
- It's usually a lifelong problem. It can be very frustrating to live with and can have a big impact on your everyday life. There's no cure, but **diet changes** and medicines can often help control the symptoms.
- **The exact cause is unknown** – it's been linked to things like food passing through your gut too quickly or too slowly, oversensitive nerves in your gut, stress, and a family history of IBS.

The main symptoms of IBS are



Stomach cramps or pain. Usually worse after eating and better after a bowel movement



Bloating. Your tummy may feel uncomfortable and swollen



Diarrhoea. You may have water stools and sometimes need to have a bowel movement suddenly



Constipation. You may strain when having a bowel movement and feel like you can't empty your bowels fully



Flatulence (farting)



Backache



Tiredness and lack of energy



Feeling sick (nausea), problems urinating - sudden urge to urinate and feel like you can't properly empty your bladder

General tips to relieve IBS symptoms

Certain food or drinks may trigger flare-ups. IBS flare-ups can happen for no obvious reason. Triggers may be alcohol, caffeine and certain foods – such as spicy or fatty food, stress and anxiety AND pain killers and other medication.

Do's

Cook homemade meals using fresh ingredients when you can.

Keep a food diary of what you eat and the symptoms you get. Try to avoid things that trigger your IBS.

Try to find ways to relax.

Get plenty of exercise.



Use a course of probiotics.

Drink 125ml water before and after each meal.

Drink decaf coffee and rooibos tea.

Supplement your diet with a suitable fiber supplement.

Don't's

Don't skip meals.

Don't eat too quickly.

Don't eat refined carbohydrates.

Don't eat lots of fatty, spicy, gas forming and processed foods.

Don't eat more than 1 - 2 portions of fresh fruit a day.

Don't eat chocolate.

Don't drink more than 3 cups of coffee a day or best to not drink coffee containing beverages at all.

Don't drink fizzy drinks, including sparkling water.

Your dietitian will adjust your diet according to your symptoms whether you may have diarrhoea or constipation.



General tips to relieve IBS symptoms



Low FODMAP Diet

+



Stress control

+



Good quality sleep

+



Regular exercise



=

NO IBS

Time for self

The FODMAP diet

Fermentable
Oligosaccharides
Disaccharides
Monosaccharides
And
Polyols



- The best diet to follow is the well – researched **FODMAP diet**.
- Research has shown that the Low FODMAP diet is the **number one solution** for people with IBS.
- The FODMAP diet is based on the fact that some **carbohydrates ferment** more than others in the digestive tract and thus aggravate the debilitating symptoms of IBS.

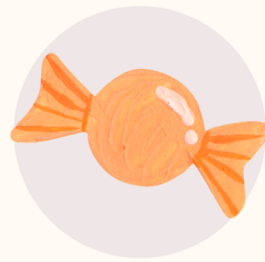
Know your possible triggers



Alcohol



Caffeine



Candies



Chewing gum



Dairy



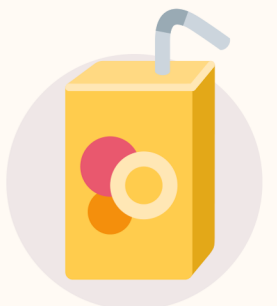
Fermented foods



Foods with FODMAPs



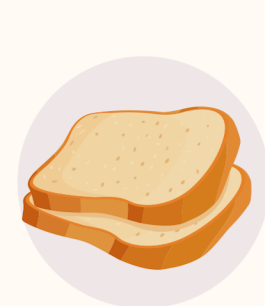
Fructans



Fruit juices



Garlic



Gluten



High fat meals



Inulin



Galacto-oligosaccharides (GOS)



Legumes (lentils and beans)



Mints

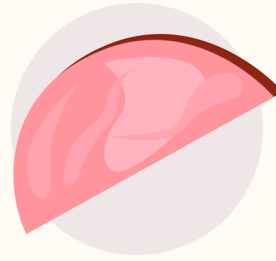
Know your possible triggers (cont'd)



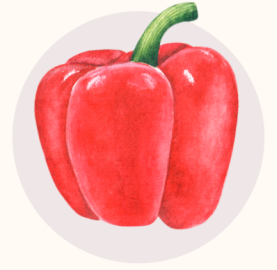
Onions



Packaged and processed foods



Processed meats



Raw vegetables



Red meat (pork, beef, lamb)



Salad



Soluble fiber



Sugar alcohols



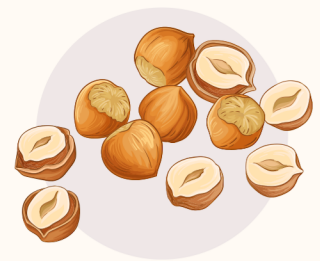
Sulphurous veg (cabbage)



Wheat



Whey



Whole nuts and seeds



Carbonated beverages



Fructose



High fiber meals



Nicotine

Steps to take after identifying triggers

- **Steps:** Now that you have a list of potential triggers, you can start to sort out which are YOUR unique triggers. Keeping a food & symptom journal is the best way to get started with this! I recommend writing the following down each day for the next 7 days.



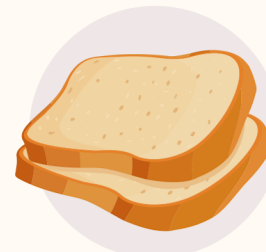
Time of day



Intake (what you eat, how much?)



Symptoms (rate in severity from 1 - 10)



Potential triggers (foods you think might be the problem)



Bowel movements (use there Bristol Stool Chart)



Plan for self-care (what you'll do to take care of you)

Time	Intake	Symptoms	Triggers	Stool	Self-care

BRISTOL STOOL CHART

What is a Bristol Stool Chart

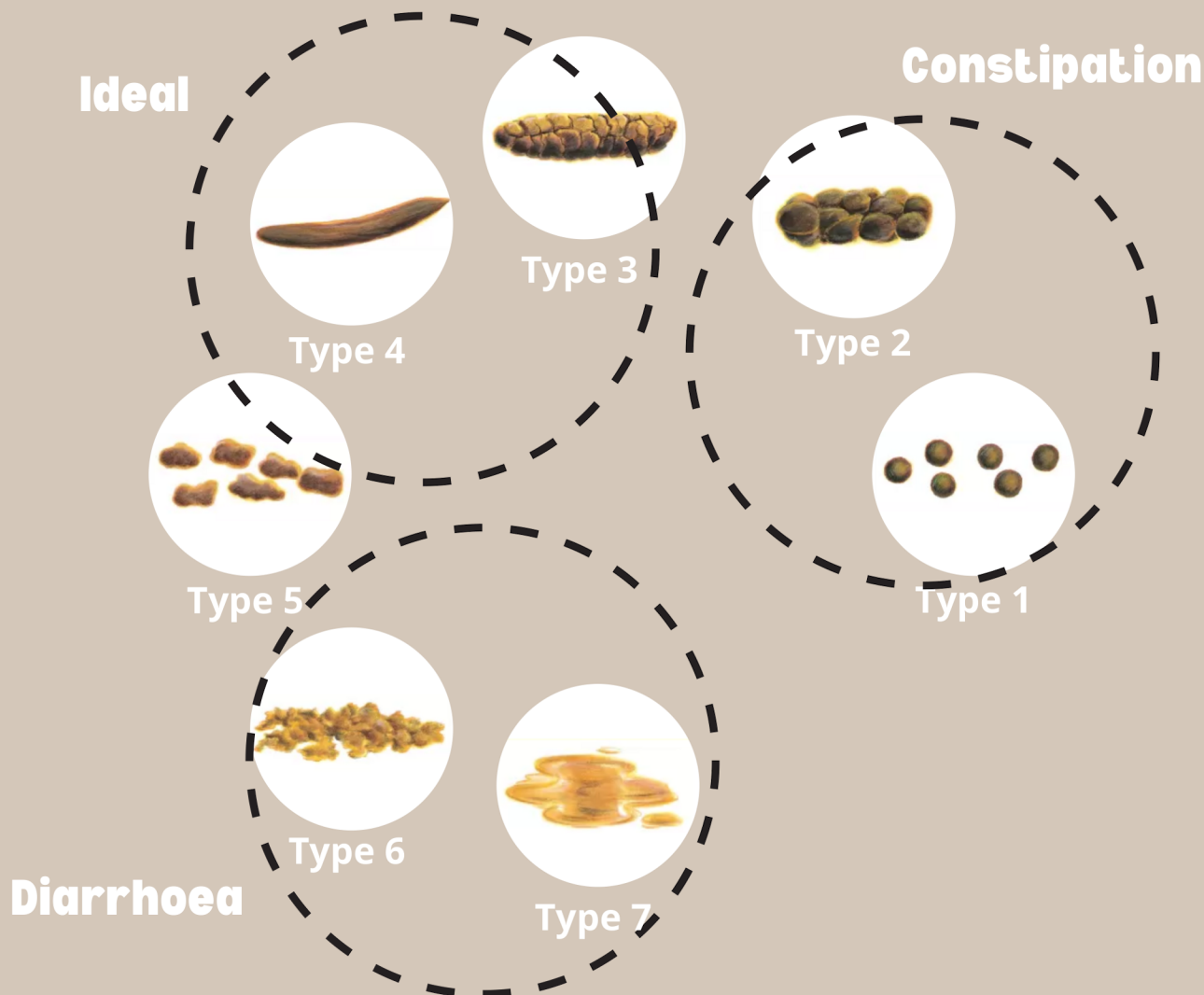
- The Bristol Stool Chart or Bristol Stool Chart is a medical aid designed in order to classify faeces into seven groups different groups.
- This chart is used by medical professionals, however it is a great tool for anyone wanting to monitor and improve their bowel movements.

How it works:

- Type 1 - 2: Constipation
- Type 3 - 5: Ideal
- Type 6 - 7: Diarrhoea



BRISTOL STOOL CHART



LEARN FODMAPS

EXCESS FRUCTOSE

Fruits: Apples, cherries, mangos, pears, tinned fruit in natural fruit juice, watermelon, large quantities of fruit juice or dried fruit.

Vegetables: Asparagus, artichokes, sugar snap peas.

Sugars: Honey, high-fructose corn syrup.

LACTOSE

Milk and yogurts: Regular and low-fat milk and yogurts.

Dairy products: Soft cheeses (e.g., ricotta, cottage, cream cheese); custard, ice cream.

FRUCTANS (FRUCTOOLIGOSACCHARIDES AND GALACTOOLIGOSACCHARIDES)

Grains: Rye and rye products (e.g., rye bread, rye crackers); wheat and wheat products (e.g., wheat bread, pasta, couscous, wheat bran).

Fruits: Peaches, persimmon, watermelon.

Vegetables: Artichokes, legumes (e.g., baked beans, lentils, red kidney beans); onion and garlic and garlic salts, etc.

Others: Inulin (often called fiber in nutritional supplements and products).

POLYOLS

SORBITOL

Fruits: Apples, apricots, pears, blackberries, nectarines, plums.

Beverages: Apple and pear juice.

MANNITOL

Vegetables: Cauliflower, mushrooms, snow peas.

Fruits: Watermelon.

SWEETENERS

Sugar-free gums, hard candies, and chocolates containing sorbitol, mannitol, xylitol isomalt, maltitol.

THE DIET MUST BE COMPLETED IN STAGES

Stage 1

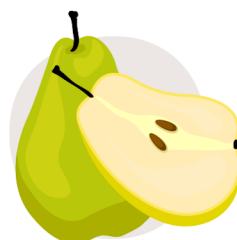
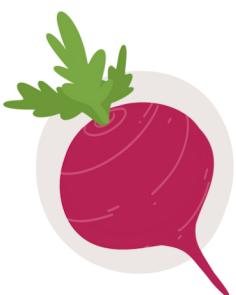
- You'll follow a strict low FODMAP diet under the supervision of your dietitian, for approximately two to six weeks.
- People who experience an improvement in their symptoms in this strict phase (our research suggests that around three in every four people will) should move into the re-challenge phase.
- Follow up with your dietitian is required to ensure that you execute the diet well.
- You will be given a meal plan indicating the right portions to suite all your individual nutritional requirements.

Stage 2

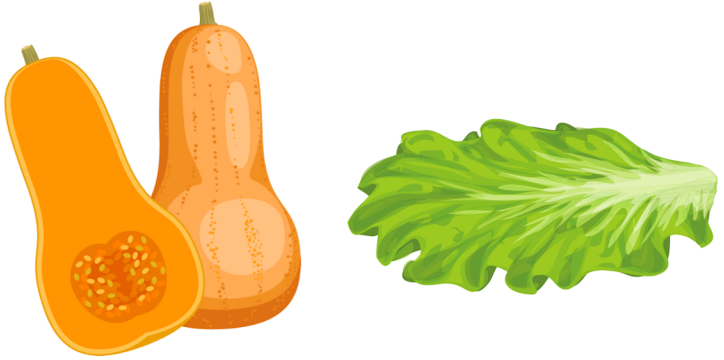

- During the re-introduction phase, your dietitian will systematically reintroduce higher FODMAP foods back into your diet.
- This helps to determine your individual tolerance to each of the FODMAP subgroups.
- You'll work out the type and quantity of foods that you re-challenge with your dietitian.

Stage 3



- After reintroducing certain foods back into your diet, you'll monitor their effect on your bowel symptoms and how the foods make you feel. Your dietitian will then interpret your results and you'll have a better idea about which foods are a trigger for your symptoms.
- Although individual FODMAP tolerance varies, most people find that they don't have to be so strict about their FODMAP intake as they were during the initial stage. This means you'll eventually have dietary flexibility again – while maintaining reasonable symptom control.
- Ultimately, the goal of the Low FODMAP Diet is to achieve a balance between the restriction of some high FODMAP foods and the reintroduction of other FODMAP-rich foods that are better tolerated. In many cases, people can reintroduce many high FODMAP foods back into their diet, but may not be able to eat them as often, or in the same quantity as they did before.



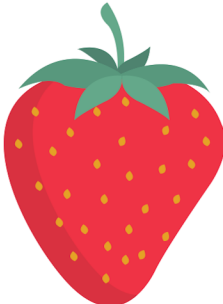


FODMAP FOOD LIST

Food	High FODMAP - Avoid	Low FODMAP - Allowed
Legumes	<ul style="list-style-type: none"> • Baked beans • Broad beans • Black eyed peas • Butter beans • Chick peas • Lentils • Kidney beans • Soy beans 	
Vegetables	<ul style="list-style-type: none"> • Garlic • Onion • Artichokes • Avocado • Beetroot • Brussel sprouts • Broccoli • Cabbage • Cauliflower • Fennel • Red pepper • Leeks • Mushroom • Okra • Green peas • Spring onion • Shallots 	<ul style="list-style-type: none"> • Bok choy/pak choi • Butternut • Carrots • Celery • Courgette • Chives • Cucumber • Eggplant/aubergine • Ginger • Lettuce • Olives • Parshnip • Parsley • Green pepper • Potato (skin removed, cooked) • Pumpkin • Spinach • Sweet potato (skin removed, cooked) • Tomato
Meat, poultry and fish	<ul style="list-style-type: none"> • Processed meats: polony, viennas, salami, dried wors 	<ul style="list-style-type: none"> • Chicken • Beef • Lamb • Pork • Turkey • Canned or fresh fish and seafood • Eggs


FODMAP FOOD LIST

Food	High FODMAP - Avoid	Low FODMAP - Allowed
<p>Cereals, grains, bread, biscuits, pasta, nuts and cakes</p>	<p>Wheat containing products, such as:</p> <ul style="list-style-type: none"> • Biscuits • Breadcrumbs • Cakes • Egg noodles • Pastries • Pasta • Wheat bread • Wheat cereals • Wheat rolls • Bran cereals • Wholewheat ProNutro • CousCous • Rye 	<ul style="list-style-type: none"> • Wheat free or gluten free breads • Wheat free or gluten free pasta • Rice cackers • Rice noodles • Rice • Barley - in small quantities • Buckwheat • Wheat free chrisp bread • Potato chips • Quinoa • Sorghum • Tortilla chips <p>Wheat free breakfast cereals:</p> <ul style="list-style-type: none"> • Matabella • Morvite • Futurelife • Maize meal • ProNutro (wheat free) • Oats • Cornflakes • Rice Krispies
<p>Nuts and seeds</p>	<ul style="list-style-type: none"> • Pistachios 	<ul style="list-style-type: none"> • Almonds - max 15 • Macadamia - max 10 • Peanuts - max 15 • Pecans - max 15 • Pine nuts - max 15 • Pumpkin seeds - max 1-2 tbsp • Sesame seeds - max 1-2 tbsp • Sunflower seeds - max 1-2 tbsp • Walnuts - max 10
<p>Prebiotic food</p>	<ul style="list-style-type: none"> • FOS - fructooligosaccharides (check food labels) 	

FODMAP FOOD LIST

Food	High FODMAP - Avoid	Low FODMAP - Allowed
Fruit	<ul style="list-style-type: none"> • Apples • Apricots • Blackberries • Cherries • Litchis • Mango • Nectarines • Peaches • Pears • Plums • Prunes • Tinned fruits • Watermelon 	<ul style="list-style-type: none"> • Bananas • Blueberries • Boysenberry • Cantaloupe • Cranberry • Honeydew • Clementine's • Dates • Grapes • Grapefruit • Kiwifruit • Lemon • Lime • Mandarin • Orange • Passion fruit • Papaya • Pineapple • Raspberry • Raisins • Strawberry 
Sweets and sweeteners	<p>Read all food labels:</p> <ul style="list-style-type: none"> • Sugar free sweets • Agave • Fructose sweetener • Honey • High fructose corn syrup (HFCS) • Isomalt • Maltitol • Mannitol • Sorbitol • Xylitol • Milk Chocolate 	<ul style="list-style-type: none"> • Golden syrup • Glucose • Maple syrup • Sugar • Saccharine • Sucrolose

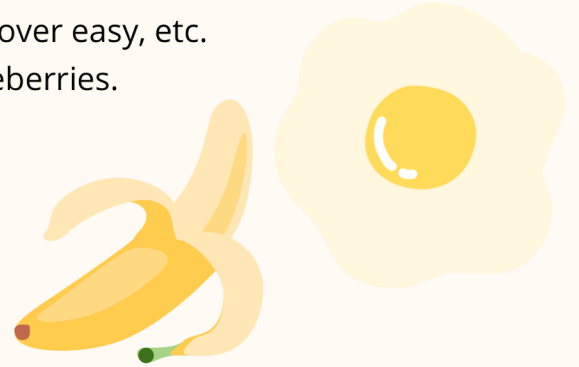
FODMAP FOOD LIST

Food	High FODMAP - Avoid	Low FODMAP - Allowed
Drinks	<ul style="list-style-type: none"> • Beer • Dandelion tea • Fruit and herbal teas (apple added) • Orange juice in quantities over 100ml • Sugar free fizzy drinks, such as diet coke • Sports drinks • Rum • Wine 	<ul style="list-style-type: none"> • Clear spirits • Fruit and herbal tea - no added apple • Lemonade - in low quantities • Soya milk • Water 
Dairy foods	<ul style="list-style-type: none"> • Milk - cow, goat, sheep • Custard • Ice cream • Margarine • Soft cheeses, such as cottage cheese, ricotta, mascarpone • All yoghurt - including greek yoghurt 	<ul style="list-style-type: none"> • Oat milk • Rice milk • Butter • Hard cheeses, such as cheddar, gouda, brie, camembert • Feta cheese • Mozzarella cheese • Parmesan cheese • Swiss cheese • Tofu • Dairy free chocolate pudding • Gelato • Sorbet <p>Lactose free cows milk:</p> <ul style="list-style-type: none"> • Easy GEST (Parmalat) • Nolac (Clover) • Woolies lactose free milks
Cooking ingredients	<ul style="list-style-type: none"> • Cacao powder 	

MEAL IDEAS

Low FODMAP breakfast

- Eggs – Any way you like them. Hard-boiled, scrambled, over easy, etc.
- Any safe cereal (see list) with lactose free milk with blueberries.
- Gluten-Free Oats with cinnamon.
- Gluten free bread (as toast) butter or peanut butter.
- French toast made with gluten free bread.
- Gluten free blueberry muffins.
- Woolies lactose-free yogurt with raspberries.
- Banana strawberry smoothie with rice milk.
- Fruit smoothie blended with lactose free vanilla yogurt and strawberries (allowed fruits).
- Gluten free waffle with walnuts, blueberries, maple syrup without HFCS.
- Eggs scrambled with spinach, bell peppers and cheddar cheese.
- Oats topped with sliced banana, almonds and brown sugar.



Low FODMAP lunch

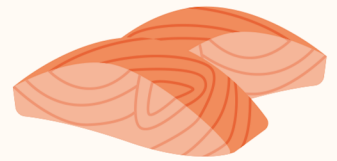
- Gluten free bread with turkey/ham & sliced cheese.
- Rice pasta with chicken, tomatoes, spinach topped with pesto sauce.
- Chicken salad mixed with chicken, lettuce, bell peppers, cucumbers, tomatoes, balsamic vinegar salad dressing.
- Chicken wrap with gluten free tortilla, sliced chicken, lettuce, tomato, slice of cheddar cheese slice, mayonnaise, mustard.
- Ham and swiss cheese sandwich on gluten free bread, with mayonnaise, mustard.
- Beef and vegetable stew (made with homemade broth, beef, allowed vegetables).
- Tuna salad lettuce with gluten free wrap.
- Salad with homemade dressing or oil & vinegar.
- Baked potato (hold the sour cream and use lactose-free butter).
- Rice or quinoa bowl with grilled chicken & veggies.
- Homemade mashed potatoes.
- Homemade vegetable or chicken rice noodle soup.
- Left-overs from dinner.



MEAL IDEAS

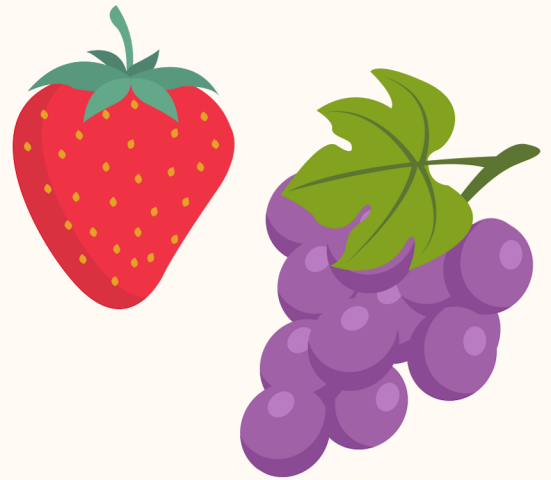
Low FODMAP supper

- Grilled chicken in a homemade marinade with side of brown or white rice
- Grilled steak with a baked potato, mashed potatoes, or oven roasted potatoes
- Grilled salmon/fish with side of grilled vegetables
- Steak & vegetable kababs
- Grilled turkey/chicken salad or greek salad (hold the onions) with homemade dressing or oil & vinegar
- Homemade pizza on gluten free pizza crust, homemade marinara & toppings
- Spinach & vegetable quiche
- Stir-fried rice (use gluten free soy sauce)



Low FODMAP snacks

- Any safe crackers (see list) with sliced cheese
- Gluten free pretzels
- Rice cake with peanut butter
- Unsalted peanuts
- Pecans & walnuts
- Baby carrots
- Grapes
- Strawberries
- String cheese
- Lactose-free yogurt from Woolies
- Hard-boiled egg
- Banana



NOTES

RE-INTRODUCTION

Re-introduction after 3 weeks on the Low FODMAPS diet



The elimination phase



The re-introduction phase



The maintenance phase

After 6 weeks it is recommended to test and re-introduce some of the foods back into your diet and test for possible triggers.

How do you challenge FODMAPS?

- **Step one:** Choose a FODMAP group to challenge.
- **Step two:** Choose a specific food in that FODMAP group to challenge.
- **Step three:** Try a small serving of the FODMAP food, while eating “safe” Low FODMAP foods.
- **Step four:** Give your body 48 hours to process this FODMAP trial food. Food can affect your digestive system for 48 hours, give your body a break before adding another FODMAP food in to see if any symptoms occur.
- **Step five:** If no symptoms occur, then you can try a larger serving.

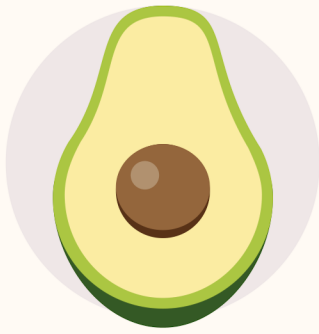


When to avoid the FODMAP Challenge



- If you are feeling stress and overwhelmed by the FODMAP challenge, avoid it.
- If you are putting off bringing FODMAPs back into your diet because you don't have time to figure out the FODMAP challenge.
- When you want to bring FODMAPs back in a more casual, gradual way without adhering to strict guidelines.

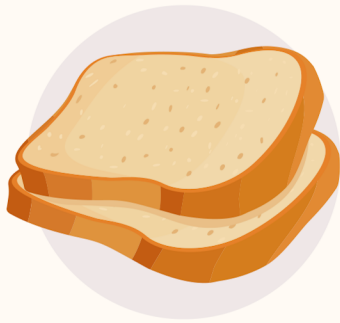
What foods to bring back first



The foods you miss the most.



The foods you thought you could tolerate before the diet.



Small servings of different foods high in just one FODMAP group.



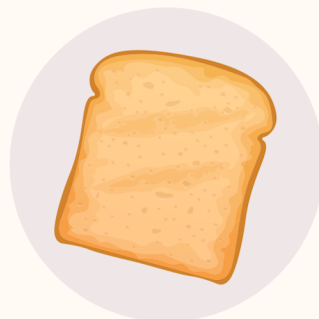
Other foods you excluded that are not high in FODMAPs like caffeine, alcohol, pulses.

After a few weeks or months of slowly expanding your diet, you may want to expand and try more advanced FODMAP foods and combinations.

What foods to bring back first



Foods with multiple FODMAPS in them.



Larger serving of FODMAP foods.



Multiple FODMAP foods in a day.



Multiple FODMAPS foods in a meal.

Low FODMAP diet - Reintroduction Phase

How to approach the re-introduction phase:

Day 1: Monday

- Small portion, only choose **ONE** type of challenged food per week. Write down symptoms.



Day 2: Tuesday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to medium portion on Wednesday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 3: Wednesday

- Medium portion of the **same food** consumed on day 1. Write down symptoms.



Day 4: Thursday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to larger portion on Friday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 5: Friday

- Large portion of the **same food** consumed on days 1 and 3. Write down symptoms.



Day 6 and 7: Saturday and Sunday

- Write down symptoms. Consume only low FODMAP Food on these days. If no symptoms, test small portion of new food group on Monday week 2. If any symptoms appear, only consume low FODMAP food until symptoms have completely disappeared (usually 3 days). In which case the following week DAY 1 will be a Tuesday.

WEEK 1: LACTOSE



Day 1: Monday

- **Milk** (cow): serving size ½ cup or 125ml.
- OR
- **Yogurt** (plain, natural), with no added FODMAPs like inulin: serving size 1/3 cup or 85g.
- OR
- **Ice-cream (vanilla)**: serving size 1 level scoop or 44g.

Day 2: Tuesday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to medium portion on Wednesday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 3: Wednesday

- **Milk** (cow): serving size 2/3 cup or 160ml.
- OR
- **Yogurt** (plain, natural), with no added FODMAPs like inulin: serving size 1/2 cup or 125g.
- OR
- **Ice-cream (vanilla)**: serving size 2 level scoop or 88g.

Day 4: Thursday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to larger portion on Friday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

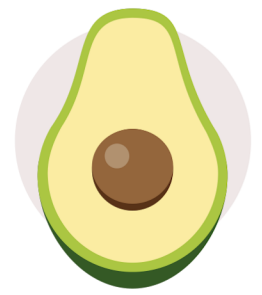
Day 5: Friday

- **Milk** (cow): serving size 1 cup or 250ml.
- OR
- **Yogurt** (plain, natural), with no added FODMAPs like inulin: 2/3 cup or 165g.
- OR
- **Ice-cream** (vanilla): serving size 3 level scoop or 132g.

Day 6 and 7: Saturday and Sunday

- Write down symptoms. Consume only low FODMAP Food on these days. If no symptoms, test small portion of new food group on Monday week 2. If any symptoms appear, only consume low FODMAP food until symptoms have completely disappeared (usually 3 days). In which case the following week DAY 1 will be a Tuesday.

WEEK 2: POLYOLSORBITOL



Day 1: Monday

- **Avocado:** serving size ¼ whole avocado or 40g.
- OR
- **Blackberry:** serving size 5 berries or 25g.
- OR
- **Lychees:** serving size 5 lychees or 52g.

Day 2: Tuesday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to medium portion on Wednesday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 3: Wednesday

- **Avocado:** serving size 1/3 whole avocado or 60g.
- OR
- **Blackberry:** serving size 8 berries or 40g.
- OR
- **Lychees:** serving size 8 lychees or 85g.

Day 4: Thursday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to larger portion on Friday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 5: Friday

- **Avocado:** serving size ½ whole avocado or 80g.
- OR
- **Blackberry:** serving size 10 berries or 50g.
- OR
- **Lychees:** serving size 10 lychees or 104g.

Day 6 and 7: Saturday and Sunday

- Write down symptoms. Consume only low FODMAP Food on these days. If no symptoms, test small portion of new food group on Monday week 2. If any symptoms appear, only consume low FODMAP food until symptoms have completely disappeared (usually 3 days). In which case the following week DAY 1 will be a Tuesday.

WEEK 3: POLYOLMANNITOL



Day 1: Monday

- **Cauliflower:** serving size ¼ cup or 33g.

OR

- **Celery:** serving size ½ medium stalk or 19g.

Day 2: Tuesday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to medium portion on Wednesday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 3: Wednesday

- **Cauliflower:** serving size 1/3 cup or 45g.

OR

- **Celery:** serving size 1 medium stalk or 38g.

Day 4: Thursday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to larger portion on Friday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 5: Friday

- **Cauliflower:** serving size ½ cup or 66g.

OR

- **Celery:** serving size 1 and ½ medium stalk or 57g.

Day 6 and 7: Saturday and Sunday

- Write down symptoms. Consume only low FODMAP Food on these days. If no symptoms, test small portion of new food group on Monday week 2. If any symptoms appear, only consume low FODMAP food until symptoms have completely disappeared (usually 3 days). In which case the following week DAY 1 will be a Tuesday.

WEEK 4: OLIGOSACCHARIDES



Day 1: Monday

- **Borlotti beans canned:** serving size ¼ cup or 46g. **OR**
- **Black Beans canned:** serving size ¼ cup or 52g. **OR**
- **Butter beans canned:** serving size ¼ cup or 35g. **OR**
- **Almonds:** serving size 12 nuts.

Day 2: Tuesday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to medium portion on Wednesday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 3: Wednesday

- **Borlotti beans canned:** serving size 1/3 cup or 60 - 70g. **OR**
- **Black Beans canned:** serving size 1/3 cup or 60 - 70g. **OR**
- **Butter beans canned:** serving size 1/3 cup or 55g **OR**
- **Almonds:** serving size 15 nuts.

Day 4: Thursday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to larger portion on Friday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

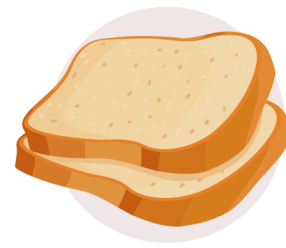
Day 5: Friday

- **Borlotti beans canned:** serving size ½ cup or 90g. **OR**
- **Black Beans canned:** serving size ½ cup or 105g. **OR**
- **Butter beans canned:** serving size size ½ cup or 70g. **OR**
- **Almonds:** serving size 20 nuts.

Day 6 and 7: Saturday and Sunday

- Write down symptoms. Consume only low FODMAP Food on these days. If no symptoms, test small portion of new food group on Monday week 2. If any symptoms appear, only consume low FODMAP food until symptoms have completely disappeared (usually 3 days). In which case the following week DAY 1 will be a Tuesday.

WEEK 5: FRUCTANS, BREAD



Day 1: Monday

- **Wheat pasta** (cooked): serving size 2/3 cup or 100g. **OR**
- **White bread:** serving size 1 & ½ slices or 36g. **OR**
- **Cous cous wheat or rice & corn cooked:** serving size ½ cup or 77g.

Day 2: Tuesday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to medium portion on Wednesday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 3: Wednesday

- **Wheat pasta** (cooked): serving size 1 cup or 150g. **OR**
- **White bread:** serving size 2 slices or 49g. **OR**
- **Cous cous wheat or rice & corn cooked:** serving size 2/3 cup or 100g.

Day 4: Thursday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to larger portion on Friday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 5: Friday

- **Wheat pasta** (cooked): serving size 1 and ½ cup or 225g. **OR**
- **White bread:** serving size 3 slices or 72g. **OR**
- **Cous cous wheat or rice & corn cooked:** serving size 1 cup or 154g.

Day 6 and 7: Saturday and Sunday

- Write down symptoms. Consume only low FODMAP Food on these days. If no symptoms, test small portion of new food group on Monday week 2. If any symptoms appear, only consume low FODMAP food until symptoms have completely disappeared (usually 3 days). In which case the following week DAY 1 will be a Tuesday.

WEEK 6: FRUCTANS, VEG



Day 1: Monday

- **Garlic:** serving size ¼ clove.

OR

- **Onion:** serving size ¼ onion.

OR

- **Leek:** serving size ¼ cup.

Day 2: Tuesday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to medium portion on Wednesday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 3: Wednesday

- **Garlic:** serving size ½ clove.

OR

- **Onion:** serving size 1/3 onion.

OR

- **Leek:** serving size 1/3 cup

Day 4: Thursday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to larger portion on Friday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 5: Friday

- **Garlic:** serving size 1 clove.

OR

- **Onion:** serving size ½ onion.

OR

- **Leek:** serving size ½ cup.

Day 6 and 7: Saturday and Sunday

- Write down symptoms. Consume only low FODMAP Food on these days. If no symptoms, test small portion of new food group on Monday week 2. If any symptoms appear, only consume low FODMAP food until symptoms have completely disappeared (usually 3 days). In which case the following week DAY 1 will be a Tuesday.

WEEK 6: FRUCTANS, FRUIT



Day 1: Monday

- **Dates** (pitted): serving size 2 dates.
- OR
- **Figs** (drained): serving size 2 figs or 38g.
- OR
- **Grapefruit:** serving size ½ medium size grapefruit.

Day 2: Tuesday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to medium portion on Wednesday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 3: Wednesday

- **Dates** (pitted): serving size 3 dates.
- OR
- **Figs** (drained): serving size 3 figs or 56g.
- OR
- **Grapefruit:** serving size 1/3 medium size grapefruit.

Day 4: Thursday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to larger portion on Friday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 5: Friday

- **Dates** (pitted): serving size 4 dates.
- OR
- **Figs** (drained): serving size 4 figs or 76g.
- OR
- **Grapefruit:** serving size 1 medium size grapefruit.

Day 6 and 7: Saturday and Sunday

- Write down symptoms. Consume only low FODMAP Food on these days. If no symptoms, test small portion of new food group on Monday week 2. If any symptoms appear, only consume low FODMAP food until symptoms have completely disappeared (usually 3 days). In which case the following week DAY 1 will be a Tuesday.

WEEK 6: FRUCTOSE



Day 1: Monday

- **Honey:** serving size 1 tablespoon or 28g.
OR
- **Figs (fresh):** serving size ½ medium fig
25g. OR
- **Mango:** serving size ¼ mango or 52g.
OR
- **Cherries:** serving size 3 cherries or 21g.

Day 2: Tuesday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to medium portion on Wednesday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 3: Wednesday

- **Honey:** serving size 1 and ½ tablespoon
or 42g. OR
- **Figs (fresh):** serving size 1 medium fig or
52g. OR
- **Mango:** serving size ½ mango or 104g.
OR
- **Cherries:** serving size 6 cherries or 42g.

Day 4: Thursday

- Write down symptoms.
- Consume only low FODMAP food on this day.
- If no symptoms, continue to larger portion on Friday.
- If symptoms appear only consume low FODMAP food until the symptoms have completely disappeared (usually 3 days).

Day 5: Friday

- **Honey:** serving size 2 tablespoons or 56g.
OR
- **Figs (fresh):** serving size 1 and ½ fig or
75g. OR
- **Mango:** serving size 1 mango or 208g.
OR
- **Cherries:** serving size 9 cherries or 63g.

Day 6 and 7: Saturday and Sunday

- Write down symptoms. Consume only low FODMAP Food on these days. If no symptoms, test small portion of new food group on Monday week 2. If any symptoms appear, only consume low FODMAP food until symptoms have completely disappeared (usually 3 days). In which case the following week DAY 1 will be a Tuesday.

Copyright 2023 4Life Living Dietitians. All rights reserved. This document and its contents are the property of 4Life Living Dietitians and are protected by copyright law. No part of this document may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the copyright owner. Any unauthorized use or reproduction of this document may result in legal action.

4LIFE LIVING DIETITIANS

Dynarc House, 31 Courtenay St, George, 6530

Follow us on social media!

Follow us on social media for exciting updates and new interesting information. Connect with others on our socials for support and inspiration.



Facebook: 4Life Living Dietitians



Instagram: 4life.living



+27 (44) 873 4099



+27 (72) 947 9222



www.4lifeliving.co.za