



## HAD A GUTFUL?

Do you suffer from unresolved symptoms of irritable bowel, such as bloating, gas, pain, diarrhea, or constipation? New research brings hope: limiting or avoiding FODMAPs in your diet may help.

### what are FODMAPs?

FODMAPs are a large group of dietary sugars found in a range of healthy foods. They include fructans, galactans, lactose, fructose, and polyols, which tend to be incompletely absorbed in the body by some people, causing digestive problems.

### try a low-FODMAP diet

To determine whether you would benefit from permanently reducing FODMAPs in your diet, you need to try such a diet for six to eight weeks. This is best done under the supervision of a dietitian who has experience in this area. Before you start, your doctor should exclude other potential causes of intestinal problems such as celiac disease and ulcerative colitis. If your symptoms improve, you can then work out a tolerance level, as these foods also supply disease-fighting nutrients and you may not need to avoid them altogether.

### ideas for low-FODMAP eating

Here are a few food swaps you can try. A registered dietitian can give you more detailed information.

- ▶ Try kiwi, pineapple, and oranges instead of watermelon, apples, and mangoes.
- ▶ Use green beans, bok choy, and carrot rather than broccoli, peas, or onion.
- ▶ Enjoy gluten-free or wheat-free breads and wraps instead of bakery products made with wheat or rye flour.
- ▶ Base your breakfast on oats, millet, or buckwheat rather than wheat-based cereals.
- ▶ Use brown rice or rice noodles instead of regular pasta.
- ▶ Drink water or herbal tea and avoid beer, wine, and chicory-based coffee substitutes.
- ▶ Snack on a handful of plain nuts or popcorn instead of regular muesli bars.
- ▶ Swap legumes such as lentils, chickpeas, and kidney beans for tofu or eggs, and include enriched soy, rice, or almond milk for extra protein.

Nutritionist Sue Radd is the award-winning author of *The Breakfast Book* and coauthor of *Eat To Live*, internationally acclaimed for showing how savvy eating can combat cancer and heart disease and improve well-being. See [www.sueradd.com](http://www.sueradd.com) for more nutrition information.