

Low Fermentation Potential Diet For IBS

Irritable Bowel Syndrome (IBS) symptoms can be dramatically improved by altering your diet in a way that reduces fermentation of certain foods and therefore produces less gas, less pain & bloating. There are 3 ways to do this, ranging from very simple to rather complex:

| Simple | Moderately Simple | More Complex |
|-----------------------|--|---------------|
| <i>Low Fibre Diet</i> | <i>Low Fermentation Potential (this sheet)</i> | <i>FODMAP</i> |

It is always recommended to start with the simplest diet modifications first then move toward the more complex should you need to.

This diet sheet makes it easy to reduce the foods in your diet that may worsen symptoms. If this simple approach doesn't work for you your dietitian can discuss other alternatives with you (such as FODMAP).

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Modifying Your Diet For Symptom Relief



DIETARY FAT

As dietary fat doesn't ferment, it doesn't produce symptoms for most people. Sources of dietary fat include but are not limited to:

Avocado, olive oil, butter, cream, nuts, seeds, meats, eggs, oily fish, hard cheese, yogurt, mayonnaise etc.

NOTE: if using milk, please use lacto-free milk or other alternative nut/soy milks that are fortified with calcium.



PROTEIN FOODS

Protein foods don't ferment either and so don't produce any symptoms. Sources of healthy protein include but are not limited to:

Any meat (chicken, turkey, beef, lamb etc), any fish, eggs, yogurt. Nuts and seeds have protein also, albeit in lesser amounts.



VEGETABLES

Most vegetables will be OK and should not produce any symptoms.

The only ones to be cautious of are:

Broccoli, cabbage, Brussel sprouts, lentils, chickpeas, kidney beans (or any legume).

If you struggle with constipation daily consumption of 3TBSP sweetcorn and 1-2TBSP golden linseeds along with an extra 200ml of fluid is particularly effective.

STARCHY FOODS

This is the group of foods that requires the most modification. Please stick to the following sources of starch:

1. Thai Jasmine Rice
2. Desiree Potatoes Or Sweet Potatoes
3. Cornflakes or Corn based products
4. Small amounts of white bread (30g)
5. 30-50g serving of Sour Dough bread
6. Rice Noodles
7. Rice Pasta

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Example Meal Plans & Recipe Ideas

Here are some meal ideas and examples to give you an idea of how this might work in practice.

| | BREAKFAST | LUNCH | DINNER |
|--------|---|---|---|
| MONDAY | <i>1-3 Egg Omelette with sweetcorn, onion and cheese.</i> | <i>Sweet Chilli Salad: salad greens, chosen veg, cooked chicken dressed with sweet chilli sauce</i> | <i>Pork Fruit Tray: chop pork steaks, chop courgettes, pears, onions and peppers. Add oil & seasoning. Cook in oven. Serve with jasmine rice.</i> |

| | BREAKFAST | LUNCH | DINNER |
|---------|-------------------|---|--|
| TUESDAY | <i>Cornflakes</i> | <i>Vegetable soup with small (30g or less) piece of white bread (can add chicken for protein)</i> | <i>Chilli (mince, vegetables, sauce) with small bag (40g) doritos and/or jasmine rice.</i> |

| | BREAKFAST | LUNCH | DINNER |
|-----------|--|---|--|
| WEDNESDAY | <i>Smoked Salmon, vegetables (optional) + boiled egg</i> | <i>Sandwich made with small white or sourdough bread (30-50g max) with meat, vegetable filling.</i> | <i>Stir Fry vegetables, chosen meat, stir fry sauce. Served with Rice Noodles.</i> |

NOTE: *if you're particularly stuck or just want to make this even easier, there is an app available for the this diet containing recipes, meal plans etc. Search for "Fast Tract Diet App". It costs £7 and is not maintained by the NHS.*

FAQ

Q: Why Do I Get Symptoms When I Eat Certain Foods Anyway?

Research is still on-going but the common theme currently is that certain foods are fermented more rapidly than normal and therefore produce excessive gas, bloating, pain, cramp and changes in bowel habits. Fermentation simply refers to the rate at which the bugs in your digestive system break down the foods you eat. So for example, high fibre foods, certain starches and sometimes certain vegetables are fermented (i.e. eaten by those bugs) far faster than your digestive tract can handle. You will not get bloating from protein or fat based foods. NOTE: composite foods, such as those typically in packets (pasties, crisps, chocolate etc) contain high amounts of starch, sugar and sometimes fibre and therefore will not be beneficial to your digestive health.

Q: My GP Said I Need A Low FODMAP Diet. Is This That?

No. The low FODMAP diet is a way of reducing the overall fermentation of your diet via slightly different means. FODMAPs include: fructose, fructans, galacto-oligosaccharides, lactose and polyols all of which are specific kinds of carbohydrate/sugar molecules found in a wide range of foods such as fruits, vegetables, breads etc. For this reason a low FODMAP diet can be very restrictive and sometimes difficult to follow. Using this sheet is a simpler way of reducing the fermentation of your overall diet and may be all you need to do.

Q: Will I Need To Follow This Diet Forever?

Nobody really knows the answer to that question is the honest answer. For now we know that you'll need to eat like this if you wish to keep your symptoms under control. Overtime your digestive

system may heal and the severity of your symptoms may reduce. Research is still on-going but it is unlikely you'll be able to return to your old way of eating if you wish to keep your symptoms under control.

Q: I Can't Do This. What Else Is There?

If the advice in this leaflet doesn't work for you then you may benefit from a low FODMAP diet. However if you're struggling to follow this diet sheet then you may struggle with low FODMAP as it is more complex and has more restrictions for the diet to work, although you do eventually reintroduce FODMAPs back into your diet over time.

Q: Why Do I Have IBS In The First Place?

It could be one or a combination of many factors. For example we know that a poor quality diet, stress and alcohol all have negative effects on the digestive system. So it could be that prolonged periods of stress and a reliance on refined foods and alcohol play a role in the development of IBS and other digestive problems.