

Functional
Gastro Intestinal Disorders (FGID)
Welcome: Session 2


Nutrition & Dietetics



Housekeeping

- Welcome
- Zoom:
 - Turn off video if you want privacy
 - Use chat function to submit questions – to all or privately
 - Please change your Zoom name to your name or message your full name privately so we can mark that you've attended.

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Session 2 Overview

- Step 2 – Reintroducing individual FODMAP groups
- Step 3 – Adapted FODMAP phase - finding foods that you tolerate

Session 2

- **What the diet involves**
 - **Step 1:** Cutting out foods that are high in FODMAPs for up to four weeks to see if your symptoms are caused by this group of foods
 - **Step 2:** Bringing back some of the high FODMAP foods (through food reintroductions) to see which (if any) FODMAP groups you are reacting to
 - **Step 3:** Gradually bringing back “safe” foods and re-introducing every six months.

What if you are still having symptoms?

- Symptom expectations – change or improvement
- Check your food and symptom baseline diary – have you had a 50% improvement?
- Are your baseline eating habits in place?
 - Regular meals, 5 handfuls of vegetables and fruit/day, fluid intake, first line gut stimulants – coffee/spicy food etc.
- Check your FODMAP tables

**If no improvement then FODMAPs are NOT your triggers
so no point in avoiding – bring back in.**

Why should you re-introduce?

- High FODMAP foods help your gut microbiome
- Avoid unnecessary food restrictions to improve:
 - Nutritional quality
 - Social enjoyment of food
 - Understanding of your true food triggers

How to reintroduce

- You can do the reintroductions in any order; however you must only do **one** group at a time.
- If you have a reaction at any point to a reintroduction, **stop the introduction immediately**.
- Wait until you are symptom-free, or back to your 'new baseline' for two days in a row then either:
 - Retry the original reintroduction with half the amount of the test food
 - Move onto the next FODMAP food or group
- Always have a two day break in-between reintroductions. During this break you should eat a low-FODMAP diet.

Reintroduction Foods

- Choose which FODMAP group you want to start with.
- **Hint:** *Choose one you are missing the most OR one that you think you are probably OK with.*
- Choose one food from each FODMAP group.
- It is important to try and choose foods that you would normally eat.


Fructans	Starting dose
Garlic	¼ clove
Leek (white part)	½ leek
Onion	¼ onion
Spring onion (white part)	¼ onion
Wheat bread	1 ½ slices

Fructose	Starting dose
Asparagus	1 spear
Blueberry jam	2 teaspoons
Broad beans	¼ cup
Broccoli stalks	1 cup

FODMAP Reintroductions

- Write your starting dose in Day 1. Then increase your dose day by day. When increasing the dosages, think about how much of the challenge food you would normally eat.
- Aim to work up to eating that amount by Day 2-3 of your challenge.
- You can take longer than three days to do a challenge; anything up to seven days is okay.
- Think carefully about what is best for you.

FODMAP reintroductions

Challenge Day	Challenge Food	Amount	Symptoms
Day 1 Fructose	Broccolini heads	3/4 cup	None
Day 2 Fructose		1 cup	Gas - 1, Distension - 1
Day 3 Fructose		1 1/2 cup	Gas - 2 Distension - 3 Pain - 1
Comments Check App – remember, challenge with heads only, as stalks also contain fructans. Note to self: I'm OK with less than 1 cup serves. Plan – wait 3 days and try Mango or honey to figure out if I am mild, moderately or severely intolerance to fructose.			

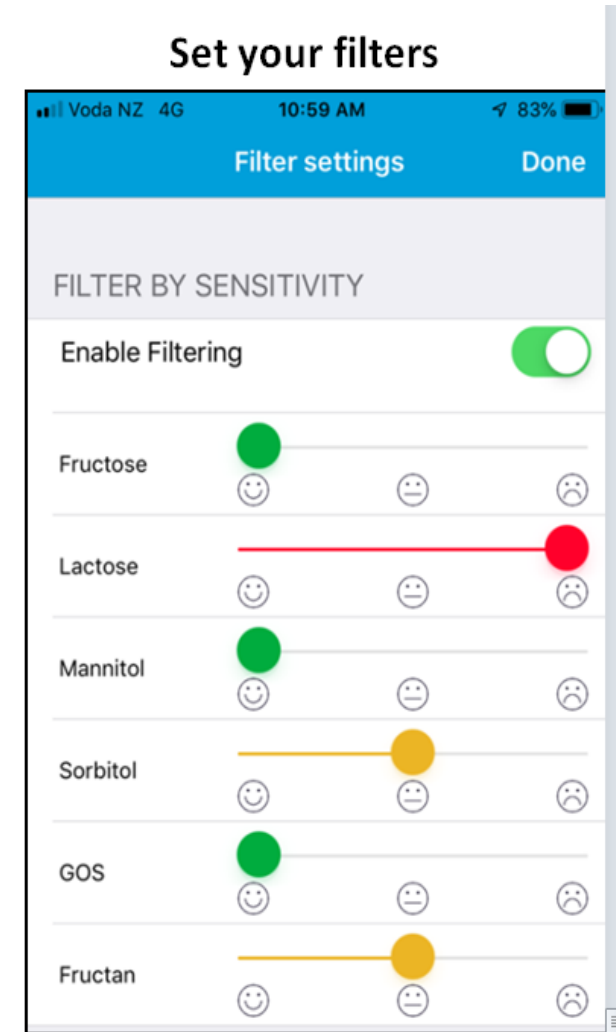
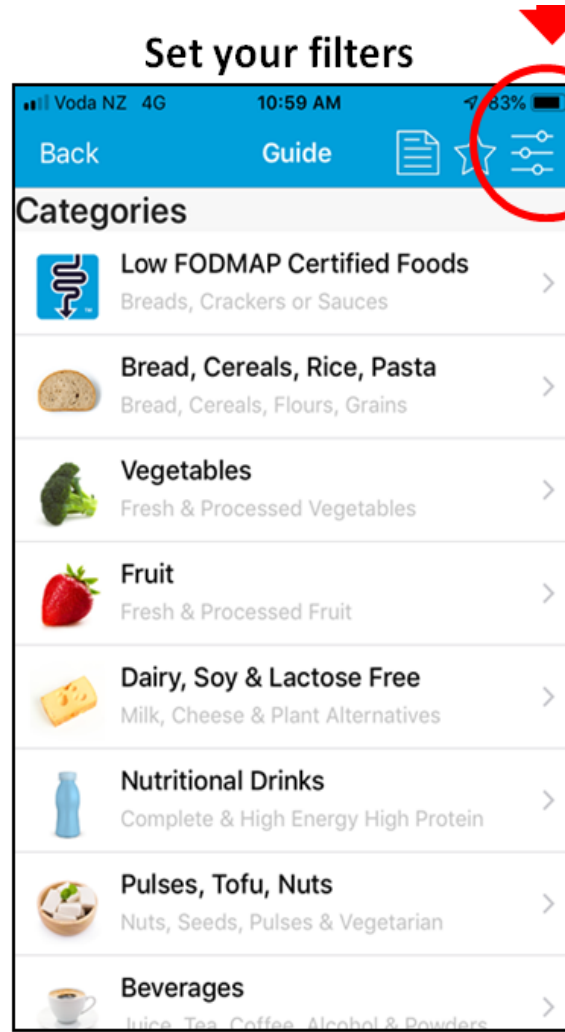
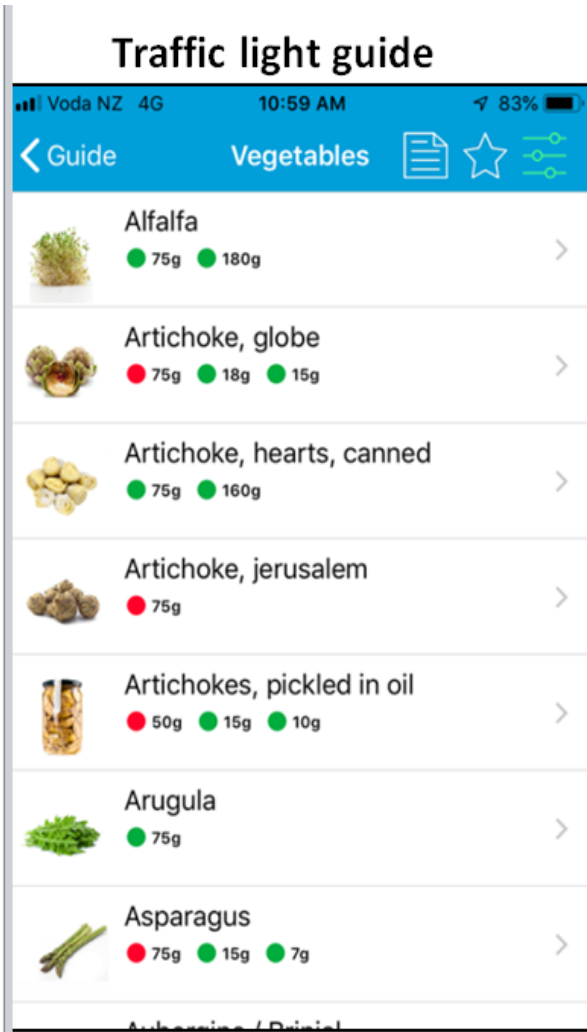
Modified FODMAP reintroductions

Challenge Day	Challenge Food	Amount	Symptoms
Day 1	Regular wheat bread	1/2 slice	
Day 2	Rest day		
Day 3	Regular wheat bread	1 1/2 slices	
Day 4	Rest day		
Day 5	Regular wheat bread	4 slices	
Comments			

After your reintroductions

- One of the best tools for planning your healthy diet on a modified FODMAP diet is the Monash University Low FODMAP app. This is available to buy for a one-off cost of around \$12, on both Android and Apple (iphone) products.
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- A paper copy is available to buy from <http://www.med.monash.edu/cecs/gastro/fodmap>
- A Little Bit Yummy – recipes and meal planning. Online education for extra support <https://alittlebityummy.com/>

Setting Filters



Other resources

- There are many recipes out there, in books and on the internet, for low FODMAP meals – but be careful and check ingredients against the App list.
- Always remember to check the ingredients against the Monash low FODMAP app.
- Other places to find low FODMAP recipes and menu plans include:
- <https://www.monashfodmap.com/blog/monash-low-fodmap-recipe-index/>
- <https://alittlebityummy.com/recipes>

Next step

- Once you have completed your elimination and re-introduction phases, please call us on 489 0556 and **leave your NHI** and if you would like a clinic appointment, or are happy to be discharged.
- If you would like a clinic appointment, please bring your baseline food and symptom diary and reintroduction outcomes with you.
- If we do not hear from you in one month after this group session, we will assume things are going well and discharge you.

Questions

