

THE ROAD MAP 2 FODMAP

INTRODUCTION:

After the year that we all just survived it is no surprise that I have seen an increasing number of patients for gas, bloating, and other types of unwanted gastrointestinal (GI) distress. After a trip to the doctor most people are given the diagnosis of IBS (Irritable Bowel Syndrome) and told to follow a low FODMAP diet. What happens after that is a mess of googling this odd diet, eating nothing but white rice and boiled chicken and stressing about maintaining this diet as the world is finally reopening (*and side note, stress only makes these symptoms worse*). I do not want this to happen to ANYONE, so I decided to write this FODMAP road map to address what the diet is, how to implement it and also how to transition/challenge foods to identify what your GI tract is actually sensitive too.

FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols, which are short-chain carbohydrates that the small intestine absorbs poorly. These starches and fibers then travel to the large intestine where your gut bacteria (microbiome) attempt to ferment these fibers. This fermentation can produce a lot of gas and bloating and if the FODMAP foods are consumed in high enough quantities, and that trigger quantity will vary by individual, can also cause diarrhea, constipation, reflux and cramping.

The FODMAP diet has been extremely helpful to many of my patients in search of relief but I do want to mention another big factor in IBS and a good majority of GI distress symptoms, stress. There is a direct connection between your brain and your gut and what stresses one will stress the other. It is very rare that I have a patient with chronic IBS that does not suffer from anxiety, depression or elevated stress, whether these conditions are chronic or episodic. In conjunction with the administering of this diet plan I would also encourage you to make a pointed effort at managing your stress. Meditation is wonderful for this and taking 5-10 minutes, or more, per day to focus on your breathing and clearing your mind will do wonders for your gut health and overall mood and well-being. I encourage you to review the list of stress management ideas below and find which ideas may suit you the best. However you learn or decide to practice focusing on balancing your nervous system and improving your ability to be resilient in the face of stress, will greatly improve your gut health and reduce your IBS systems.

Jessica's Stress Recommendations:

1. Meditation Apps: Learning meditation is much easier with the advent of apps. I personally have used 10% Happier since the start of the year and love it. My clients have also really enjoyed the apps Calm and Headspace.
 - a. Yoga Nidra: a state of consciousness between wake and sleep that is induced by guided meditation.
2. Online Meditation: from courses like ZIVA Meditation (which I also personally took and really enjoyed) to free YouTube guided meditations, the internet offers you a wide variety of meditations courses and free lessons. Again try different types of meditations, voices and approaches till you find one that speaks to you
3. Breathwork Classes: Wim Hof, tumo breathing



4. Hot or Cold Exposure
5. Float Therapy
6. “Quiet” Walking
7. Reading & Writing
8. Chamomile Tea
9. NSDR (non-sleep deep rest)

Gut health is also improved by routine exercise, a quality 7-8 hours of sleep and minimizing or eliminating alcohol so incorporating those in conjunction with this plan is also highly recommended. Try to be as active as possible throughout the day with frequent walks and stretches outside of your exercise since this helps with gut motility and ensuring food and waste moves through the intestines as intended. Finally ensure you are well hydrated and are drinking at least 64 ounces of plain water (not seltzer or flavored waters) every day since this is all critical for gut health and routine gut motility.

FODMAP FOOD PLAN

I have attached the FODMAP foods to avoid/ include at the end of this handout along with the meal plan and snack ideas, but I want to present two options for implementing this plan.

OPTION #1- If you are completely new to IBS and have not had multiple GI issues in the past, I would recommend beginning by focusing most of your effort on stress management since episodic stress tends to be a big trigger for IBS. On top of meditation, quality sleep and routine exercise you can also eliminate what I refer to as “The Big Four” of the FODMAP list which are as follows:

1. Dairy (all sources of dairy including goat milk products)
2. Gluten (all gluten containing products and grains)
3. Beans and Lentils (all varieties and products containing them)
4. Cruciferous vegetables (broccoli, cauliflower, cabbage, Brussel sprouts, and asparagus)

I have noticed that most of the time most of my patients would see results from only eliminating these four food groups versus the more extensive list we will address next. If you select to go with this option, eliminate these foods for at least two weeks. If your symptoms persist then you can continue for an additional two weeks. If your symptoms are still there after one month you can move on to Option #2. If your symptoms are alleviated, I would continue with this style of eating for a solid month to give the gut time to reset. Afterwards, you can start challenging foods one at a time to assess what the specific trigger food was for you. We will go into how to reintroduce foods in the conclusion of this handout.

OPTION #2- For people with chronic IBS that have never found relief you should start with incorporating the entire FODMAP food list along with the other lifestyle changes mentioned above. I would strongly recommend keeping with this style of eating for at least one month, or longer until symptoms resolve. You should not try and add back any food until your symptoms have been gone for at least two weeks so you can ensure you properly identify what causes you distress. The meal plan, recipes and food list provided below should be sufficient to get you through a month of this plan. There are also numerous websites including www.IBSdiets.org and www.funwithoutfodmaps.com to help you add variety and new recipes to the ones provided.



Again, I cannot stress this enough, if you are going through a period of elevated stress or anxiety or depression please stay on the diet until your mental health improves. It is difficult to know if the symptoms you are experiencing are from the food or stressors but keeping your diet simple and easy to digest will aid your gut in digestion and absorption while your system is being overly taxed from stress and/ or depression/ anxiety.

One last note, keeping a food journal during this time is extremely important. Writing down what, how much and when you eat along with any gastrointestinal symptoms you experience can help you learn your body best. I strongly recommend this component since every person has a different gut biome and the beauty of this diet is to use it as a tool to help you learn your body best.

If you have any questions, I am available for virtual or in person nutrition counseling sessions to help you customize your approach to managing your IBS. Every human body is different and complex, and I would love to be able to help and answer any questions you may have. Please visit my website: www.rehab2perform.com/nutrition and complete the contact form and someone will reach out to you directly to schedule a session.

SAMPLE LOW FODMAP DIET

BREAKFAST OPTIONS

The Scramble: 2-3 scrambled eggs with 2 cups of cooked kale & shaved fresh parmesan to toast along with 1 cup of strawberries on the side

Yogurt Bowl: Unsweetened Plain Siggi's Coconut milk yogurt topped with ¼ cup of blueberries, sliced almonds, chia seeds and Paleo Crunch Granola (original flavor)

Revved Up Oatmeal: ½ cup of gluten free oatmeal (dry measure, cooked with water as desired) topped with chia seeds + ¼ cup of raspberries, handful of walnuts, cinnamon and a 1 hard-boiled egg on the side

The Basic Breakfast Sandwich: 1-Gluten Free English muffin filled with 1 Egg, a few slices of Canadian or Turkey Bacon and Fresh spinach (flavor with mustard and mayo if desired) along with some fresh pineapple on the side

LUNCH OPTIONS

Low FOD MAP Quinoa Bowl: Roughly 1 cup of quinoa topped with shredded chicken, olive oil, fresh sliced cucumber (no skin) & radish, handful of fresh parsley and 2Tbs. of pine nuts

Smoked Salmon Wraps: Bib lettuce wraps with all the following divided evenly: smoked salmon, shredded carrots, 2Tbs. Daiya (or any brand of dairy-free) cream cheese + 2 fresh kiwi on the side



The Basic Deli Sandwich: 2 slices of Gluten Free Bread filled with sliced nitrate-free turkey breast+ 1Tbs. of primal kitchen Mayo + mustard + 2-3 slices of bib lettuce and 8-10 baby carrots along with a cup of grapes on the side

Soft Tacos: 2-3 corn tortillas filled with ground turkey/ chicken/ beef, fresh diced bell pepper, shredded cheddar (½ cup total), shredded lettuce & avocado (½ avocado total)

SNACKS

Smoothie: Blend 1 cup of frozen dark sweet cherries with ½ frozen banana, 1 scoop of Naked Egg white protein powder, ¼ tsp of vanilla extract, 1 cup of almond milk or coconut milk (*unsweetened with as minimal ingredients as possible*)

¼ cup of macadamia nuts/ walnuts + 2 clementine

1 serving of Mary's Gone Crackers original crackers + 1Tbs. of Almond butter divided evenly among crackers

FODY Protein Bar or other snack options (<https://www.fodyfoods.com/collections/snacks-1>)

1 cup of fresh cantaloupe + ¼ cup of pumpkin seeds/ pepitas

2 rice cakes topped with walnut butter + ½ banana divided evenly

DINNER OPTIONS

Roasted salmon or rainbow trout + ½ medium white potato drizzled with olive oil & salt + cooked zucchini/ yellow squash/ mushrooms

Baked (or air fried) chicken breast (seasoned as preferred) + roasted carrots & parsnips + 1 cup of green beans (seasoned with olive oil, salt and pepper)

Grilled lean hanger or skirt steak + sauteed peppers & fennel + 1 cup of white rice with cilantro + 1oz of 70% or higher dark chocolate

Grilled turkey burger (with or without a gluten free bun) topped with lettuce/ 1 slice of tomato (eliminate if reflux is an issue)/ mayo/ mustard + roasted red potatoes + small side salad with shredded lettuce/ shredded carrots/ diced cucumber

Jessica Murgueytio MS.RD.CDE
Clinical & Sports Dietitian
Rehab 2 Perform
Rehab2Perform.com/Nutrition

