

INTRODUCTION TO LOW FODMAP

A BEGINNER'S GUIDE

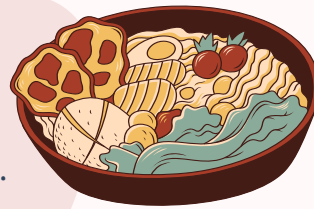


WHAT IS THE LOW FODMAP DIET?

FODMAPs are certain sugars that may cause intestinal distress. The diet is designed to help people with IBS and/or SIBO figure out which foods are safe for them to eat.

WHAT IS A FODMAP?

FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols, which are types of sugars that the small intestine absorbs poorly.



HOW DOES THE DIET WORK?

1. First, you stop eating high FODMAP foods.
2. Next, you slowly reintroduce them to see which ones are troublesome.
3. Once you identify the foods that cause symptoms, you can avoid or limit them while enjoying everything else worry-free.

SHOULD I TRY LOW FODMAP?

The low FODMAP diet is part of the therapy for those with IBS and SIBO. Research has found that it reduces GI symptoms in up to 86% of people.



WHERE DO I START?

Because the diet can be challenging, it's important to work with a registered dietitian who can ensure you're following the diet correctly. Danielle Starmern, RD has helped hundreds of patients navigate IBS and SIBO and has the resources to customize your low FODMAP plan for you.

Book a FREE Discovery Call at
www.starmernutrition.com