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FORTE TENEUR EN FODMAP vs. FAIBLE TENEUR EN FODMAP

Catégorie alimentaire	Aliments forte teneur fodmap	Aliments faible teneur fodmap
Légumes	 Artichauts, asperges, choux-fleurs, ail, petits pois, pois, poissons, champignons, oignons, pois, mange-tout, sel à l'ail	 Edamame, aubergine, petits pois, bok choy, poivron, carottes, courgettes, concombre, choux-frais, salade, patate, épinard, tomate, zucchini
Fruits	 Pommes, bananes, jus de pomme, cerises, fruits secs, mangues, nectarines, pêches, poires, prunes, pastèque	 Myrtille, cantaloup, raisins, melon miel, kiwis Zespri® , oranges, ananas, framboises, fraises <small>Tous les fruits sont certifiés par FODMAP. Mais certains doivent être consommés avec précaution.</small>
Produits sucrés et laitiers	 Beurre, lait de vache, crème, crème anglaise, lait évaporé, crème glacée, lait de soja, yogourt	 Lait d'amande, fromage de chèvre, fromage cheddar, fromage feta, lait sans lactose, fromage parmesan
Protéines	 Haricots cuits, haricots noirs, fèves, haricots blancs, haricots rouges	 Bœuf, thon en boîte, poulet, œufs, poisson, porc, tofu (ferme), petites portions de pois et lentilles en boîtes et égouttées
Noix et graines	 Noix de cajou et potiches	 Graines de chia, noix de macadamia, cacahuètes, noix de pécan, graines de sésame, graines de tournesol, noix
Pains et céréales	 Produits contenant du blé, seigle et de l'orge	 Riz brun, tortilla de maïs, avoine, polenta, quinoa, pain au levain, riz blanc
Boissons chaudes	 Thé de camomille, thé au fenouil, thé oolong	 Café, thé vert, thé noir, thé à la menthe
Sucres et édulcorants	 Sirops de maïs et miel en haut contenu de fructose	 Chocolat noir, sirop d'érable, sucre

Voici des exemples d'aliments à éviter, face aux aliments recommandés pour un régime alimentaire à faible teneur en FODMAP^{1,2}.
Un professionnel de la santé peut vous aider à déterminer la meilleure approche alimentaire pour votre santé.

ALIMENTOS ALTOS EN FODMAP VS. ALIMENTOS BAJOS EN FODMAP

Categoría de alimento	Alimentos altos en FODMAP	Alimentos bajos en FODMAP
Verduras	 Alcachofa, espárgagos, coliflor, ajo, guisantes, puerro, champiñones, cebolla, guisantes dulces, guisantes de nieve, cebolla y sales de ajo	 Edamame, berenjena, judías verdes, bok choy, pimienta, zanahoria, cebolletas, pepino, col rizada, lechuga, patata, espinacas, tomate, calabacín
Frutas	 Manzana, plátano, zumo de manzana, cerezas, fruta deshidratada, mango, nectarina, melocotón, pera, ciruela, sandía	 Arándanos, melón, uva, melón verde, kiwis Zespri® , naranja, piña, frambuesas, fresas <small>* Los kiwis Zespri están certificados como alimentos bajos en FODMAP por la Universidad de Monash.</small>
Lácteos	 Suero de mantequilla, leche de vaca, nata para cocinar, natillas, leche en polvo, helado, leche de soja, yogur	 Suero de mantequilla, leche de vaca, nata para cocinar, natillas, leche en polvo, helado, leche de soja, yogur
Proteínas	 Alubias al horno, alubias negras, habas de lima, alubias blancas, alubias rojas	 Ternera, atún enlatado, pollo, huevos, pescado, cerdo, tofu (firme), porciones pequeñas de garbanzos y lentejas enlatados y escurrecidos
Frutos secos y semillas	 Anacardos y pistachos	 Semillas de chia, nueces de macadamia, cacahuètes, nueces pecanas, semillas de calabaza, semillas de sésamo, semillas de girasol, nueces
Pan y cereales	 Productos que contienen trigo, centeno y cebada	 Arroz integral, tortillas de trigo, avena, polenta, quinoa, pan de masa madre, arroz blanco
Bebidas calientes	 Manzanilla, infusión de hinojo, té oolong	 Café, té verde, té negro, té de menta
Azúcares y edulcorantes	 Jarabe de maíz alto en fructosa y miel	 Chocolate negro, sirope de arce, azúcar común



Estos son ejemplos de alimentos que conviene evitar frente a alimentos que conviene consumir si se sigue una dieta baja en FODMAP^{1,2}.
El profesional de la salud es quien deberá determinar la mejor dieta para cada caso.

¹ App de Bero bajo en FODMAP/Monash FODMAP - Monash Fodmap <https://www.monashfodmap.com/low-fodmap-app/> Consultado el 21 de febrero del 2018.
² Universidad de Monash, The Monash University Low FODMAP Diet: Booklet 3th ed. Melbourne: Inglobe Universidad de Monash, 2015.

OK to eat	Food to avoid
FRUIT Banana • Blueberry • Boysenberry • Cantaloupe • Cranberry • Durian • Grape • Grapefruit • Honeydew • Melon • Kiwifruit • Lemon • Lime • Mandarin • Orange • Passionfruit • Pawpaw • Raspberry • Rhubarb • Rockmelon • Star Anise • Strawberry • Tangelo	EXCESS FRUCTOSE Fruit: Apple • Mango • Nashi • Pear • Tinned Fruit In Natural Juice • Watermelon Sweeteners: Fructose • High Fructose Corn Syrup Large Total Fructose Dose: Concentrated Fruit Sources • Large Servings Of Fruit • Dried Fruit • Fruit Juice Honey: Corn Syrup • Fruisana
VEGETABLES Vegetables: Alfalfa • Bamboo Shoots • Bean Shoots • Bok Choy • Carrot • Celery • Choko • Choy Sum • Endive • Ginger • Green Beans • Lettuce • Olives • Parsnip • Potato • Pumpkin • Red Bell Pepper • Silver Beet • Spinach • Squash • Swede • Sweet Potato • Taro • Tomato • Turnip • Yam • Zucchini Herbs: Basil • Chili • Coriander • Ginger • Lemongrass • Marjoram • Mint • Oregano • Parsley • Rosemary • Thyme	LACTOSE Milk: Milk From Cows, Goats Or Sheep • Custard • Ice Cream • Yogurt Cheeses: Soft Unripened Cheeses Such As Cottage, Cream, Mascarpone Or Ricotta
GRAINS Cereals: Gluten-Free Bread Or Cereal Products Bread: 100% Spelt Bread Other: Rice • Oats • Polenta • Arrowroot • Millet • Psyllium • Quinoa • Sorghum • Tapioca	FRUCTANS Vegetables: Artichoke • Asparagus • Beetroot • Broccoli • Brussels Sprouts • Cabbage • Eggplant • Fennel • Garlic • Leek • Okra • Onion • Shallots • Spring Onion Cereals: Wheat And Rye In Large Amounts, Such As Bread, Crackers, Cookies, Couscous And Pasta Fruit: Custard Apple • Persimmon • Watermelon Miscellaneous: Chicory • Dandelion • Inulin • Pistachio
MILK PRODUCTS Milk (Check For Additives): Lactose-Free Milk • Oat Milk • Rice Milk • Soy Milk Cheeses: Hard Cheeses • Brie • Camembert Yogurt: Lactose-Free Varieties Ice Cream Substitutes: Gelato • Sorbet Butter Substitutes: Olive Oil	GALACTANS Legumes: Baked Beans • Chickpeas • Kidney Beans • Lentils • Soy Beans
OTHER Tofu Sweeteners: Sugar (Sucrose, Small Quantities) • Glucose • Artificial Sweeteners Not Ending In ‘-Ol’ Honey Substitutes: Golden Or Maple Syrup (Small Quantities) • Molasses • Treacle	POLYOLS Fruit: Apple • Apricot • Avocado • Blackberry • Cherry • Longon • Lychee • Nashi • Nectarine • Peach • Pear • Plum • Prune • Watermelon Vegetables: Cauliflower • Green Bell Pepper • Mushroom • Sweet Corn Sweeteners: Sorbitol (420) • Mannitol (421) • Isomalt (953) • Maltitol (965) • Xylitol (967)

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Low FODMAP Diet

the MONASH University


LowFODMAPdiet


edition 5




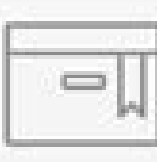
reducing poorly absorbed sugars to control gastrointestinal symptoms


Department of Gastroenterology, Central Clinical School - Monash University, Melbourne, Victoria, Australia | <http://www.med.monash.edu/cecs/gastro/index.html>




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UN RÉGIME ALIMENTAIRE À FAIBLE TENEUR EN FODMAP PROVOQUE UNE DIMINUTION SUBSTANTIELLE DES SYMPTÔMES IG⁷⁻¹⁰

PREUVE

Étude interventionnelle⁷

Méthode :

Des patients ont suivi soit un régime alimentaire à faible teneur en FODMAP soit un régime alimentaire standard et ont ensuite répondu à un questionnaire de suivi.

Résultats :

➤86 % des patients avec IBS ayant suivi un régime alimentaire à faible teneur en FODMAP ont présenté un meilleur résultat face aux symptômes, comparé à 41 % des patients ayant suivi un régime alimentaire standard.

Essais cliniques¹⁰

Méthode :

Des patients aléatoires ont soit suivi un régime alimentaire IBS standard et un traitement contre la diarrhée soit un régime alimentaire à faible teneur en FODMAP durant quatre semaines.

Résultats :

➤52 % du groupe de régime alimentaire à faible teneur en FODMAP ont signalé un soulagement des symptômes comparé à 41 % du groupe de régime alimentaire standard.

Essais cliniques²⁰

Méthode :

Des patients souffrant de IBS ont suivi soit un régime alimentaire australien traditionnel soit un régime alimentaire à faible teneur en FODMAP.

Résultats :

➤70 % des patients avec IBS qui ont suivi le régime alimentaire à faible teneur en FODMAP ont signalé que les symptômes ont été réduits de plus de 50 %.

➤Les patients avec les quatre types d'IBS ont signalé des améliorations suite au régime alimentaire à faible teneur en FODMAP.

Révision essais cliniques¹⁵

Méthode :

Révision de six essais aléatoirement contrôlés de haute qualité et 16 interventions non aléatoires.

Résultats :

➤Suite à un régime alimentaire à faible teneur en FODMAP, la gravité des symptômes IG ou les douleurs abdominales, ballonnement et symptômes généraux ont diminué de manière significative.

Low fodmap tips. What can i eat on low fodmap. Low fodmap diet guidelines. The low fodmap diet healthy eating guidelines. How to eat low fodmap at a restaurant. What are the lowest fodmap foods.

Most patients with irritable bowel syndrome (IBS) associate their symptoms with eating and many patients ease their symptoms by avoiding certain foods or using elimination diets. Bananas, blueberries, grapefruit, kiwi, lemons, limes, passion fruit, raspberries, cantaloupe, honeydew, and strawberries Vegetables Artichoke, asparagus, brussel sprouts, cabbage, cauliflower, green beans mushrooms, snow peas sprouts, and summer squash. FODMAPs are not unhealthy or harmful, but may exacerbate GI symptoms in those with sensitive GI tracts. “To be successful, it’s important to understand how to eliminate FODMAPs in different life scenarios — at work, traveling, at home — and learn how to find substitutions in each environment,” says Shah.Extra credit for planning ahead and getting low-FODMAP foods in your kitchen and removing high-FODMAP foods. FODMAP stands for Fermentable, Oligo-, Di-, Mono-saccharides And Polyols, and consists of groups of certain types of carbohydrates that are thought to trigger GI symptoms. Lactose-free or lactaid milk, rice milk, almond milk, almond butter, and cashew milk. Cheddar, Colby, parmesan, and mozzarella. Gelato or sorbet (though watch fructose content) and lactose-free yogurts. low in FODMAP. “The goal isn’t to have a FODMAP-free diet, but rather to reduce FODMAPs in the diet to modify GI symptoms,” says Scarlata. “Read labels of packaged foods to ensure they do not have added high FODMAP ingredients (ex: high fructose corn syrup, wheat, onion, garlic, etc.) The food groups are listed below: Polyols Fruit Apples, apricots, avocados, cherries, lychee, nectarines, peaches, pears, plums, and watermelon. This allows for as much nutritional diversity as possible. She notes that it’s unlikely any one food needs to be completely avoided. This phase lasts six to eight weeks.Phase 3: Personalization “We continue to expand the low-FODMAP diet by eating FODMAPs that are tolerated well and eliminating those that are bothersome,” says Shah. There are three phases of the low FODMAP diet: 1) Elimination, 2) Reintroduction, and 3) Personalization. “Added stress with diet changes can impact gut symptoms on its own, and that’s not the goal here,” she says. What is the Low-FODMAP diet? What foods are suitable, and what should be avoided while on a Low-FODMAP diet? Artificial Sweeteners Sorbitol, mannitol, isomaltose, maltitol, xylitol, polydextrose, hydrogenated starch Aspartame, sucralose, saccharin. Aged hard cheeses tend to be easier to tolerate. Fructose / Sweeteners Honey, agave, apples, cherries, dates, guava, honeydew melon, lychee, mandarin oranges, mangoes, peaches, pears, persimmons, star fruit, canned fruit in natural juices, dried fruits and less ripe fruits, corn syrup, high fructose sweeteners, coconut milk, fruit pastes (i.e. chutney, plum sauce, barbeque sauce, ketchup), rosé wine, port, and sherry Maple syrup, jams, marmalades, vegemite, table sugar, bananas, blackberries, blueberries, boysenberries, cranberries, grapefruit, kiwis, kumquats, lemons, limes, passion fruit, raspberries, and strawberries. This is where it’s critical to have a registered dietitian working with you, as they can provide guidance on appropriate food substitutions. FODMAPs are short-chain carbohydrates (sugars) that are highly fermentable, which means that they go through chemical changes in the GI system, and are poorly absorbed during digestion. Eliminating or restricting FODMAPs from the diet may greatly improve symptoms of IBS and other functional GI disease, especially in those patients who see a link between food, eating, and their IBS symptoms. Working with your GI provider and a dietitian familiar with GI conditions can improve the chances of getting better with this type of elimination diet strategy, but the low FODMAP diet doesn’t help everyone. Limit: Butter, margarine, sour cream, half and half, cream cheese, Swiss cheese, goat cheese, feta cheese, cheddar, parmesan, and mozzarella contain lactose, although at lower amounts. Lactose Dairy whey and high-lactose containing milks such as cow, goat, sheep, chocolate, buttermilk, and condensed milk, and whipped cream. If symptoms are significantly improved with the elimination phase, patients will start the reintroduction phase, where groups of FODMAPs are added back in one at a time, monitoring for a recurrence of symptoms. Beer. What effects do FODMAPs have on the digestive system? Examples of Low and High FODMAP foods. Limit: grapes, oranges, papaya, pineapple, and watermelon. When is a Low-FODMAP diet recommended? Eggs, nuts, quinoa, seeds, bean sprouts, bell peppers, bok choy, carrots, celery, chives, cucumbers, eggplant, potatoes, pumpkin, radish, spinach, and tomatoes. Bean sprouts, bell peppers, bok choy, carrots, celery, chives, cucumber, eggplant, potatoes, pumpkin, radishes, spinach, tomatoes, turnips, winter squash, and garlic-infused oil. Many patients are overwhelmed by the list of “Do’s and Don’ts.” Because of this, many patients find great value in working with an experienced dietitian during the elimination and reintroduction phases. Grapefruit, lemons, limes, papaya, raspberries, strawberries, and blueberries. Non-Dairy Milk Alternatives Soy milk contains galactans and should be avoided as well, coconut milk, soy products, hummus, beans, and lentils. Fructans Starches Bread, pasta, semolina, flour tortillas, wheat-based bread and breadcrumbs. The Low-FODMAP diet was conceived about 10 years ago about by Australian researchers and is the elimination diet thought to be most effective for treating IBS related symptoms. Grapes, mangoes, peaches, persimmon, pineapple, watermelon, and bananas. Fruit. So reintroducing lactose may involve drinking 1 cup of cow’s milk, and watching how your body reacts. During the elimination phase, which lasts 2-4 weeks, all FODMAPs are taken out of the diet. Many GI conditions overlap with IBS, so sometimes the low FODMAP diet can be added to treatment for inflammatory bowel disease, celiac disease, and small intestinal bacterial overgrowth if symptoms persist. Patients with a history of eating disorders, at risk for malnutrition, or who have complex medical histories may not be good candidates for this dietary strategy. The low-FODMAP diet is a three-phase diet. Portion size matters when it comes to FODMAPs as several foods have a specific serving size in which they would be high vs. This stretches the walls of the colon, causing abdominal bloating, distension, cramping, pain, and/or changes in bowel habits in many patients with IBS. Reintroducing fructose may be ½ cup of watermelon.During this time, you’ll continue to follow a low-FODMAP diet so that you can identify what triggers symptoms. Once it is determined which FODMAPs cause symptoms, many patients avoid these foods, but still ingest other FODMAPs on a regular basis. This lasts for two to four weeks.Phase 2: ReintroductionThe main goal with phase 2 is to identify your food triggers, says Shah. Bloating and abdominal pain are the most likely symptoms to improve but you may see improvements in fatigue, bowel movements, and general quality of life as well. Ice cream, cow’s milk-based yogurt, brie, cottage cheese, ricotta, and sour cream. Corn breads, gluten-free breads, pastas, cereals, as well as corn flakes, oatmeal, potato-based breads, rice-based noodles and breads, and wheat-free rye bread. Greek yogurt. Keep a food journal handy, either by using an app on your smartphone or an old-school paper notebook, to track your symptoms. Below is the protocol that she uses for patients at the clinic:Phase 1: EliminationPick a start date and remove all high-FODMAP foods from the diet. When FODMAPs reach the colon (large intestine), bacteria ferment these sugars, turning them into gas and chemicals. Because the foods removed are not easily identified and it begins as an elimination diet, you’d be prudent to lean on a registered dietitian for guidance, says Shah. An elimination diet involves taking multiple foods out of your diet, followed by a period of reintroduction of these foods, in order to determine your personal food sensitivities. Following this personally developed Low-FODMAP plan does not cure IBS, but it may lead to management of symptoms and better quality of life. Wheat-based cereals, crackers, cookies, cakes, pasta, and pastries. How does the low FODMAP diet work? Not a complete list of foods. Vegetables Artichokes, asparagus, beets, broccoli, Brussel sprouts, cabbage, chicory, garlic, leeks, lettuce, okra, onions, radicchio, scallions, shallots, snow peas, and zucchini. Galactans Plant based proteins such as beans, black-eyed peas, chick peas, kidney beans, lentils, lima beans, pinto beans, soy products, broccoli, Brussel sprouts, cabbage, green beans, and yellow beans. While the low FODMAP diet has been studied mostly in IBS, it is often used for other GI conditions as well. The low FODMAP diet can be used alone, or side-by-side with medications for the treatment of IBS. Commonly found in various gum and candy as well. The most extensively studied elimination diet for IBS is the low FODMAP diet. Bean sprouts, bell peppers, bok choy, carrots, celery, chives, cucumbers, eggplant, kale, lettuce, potatoes, pumpkin, radishes, spinach, tomatoes, winter squash, yams, and zucchini. Generally bothersome foods may not be eaten daily or may only be eaten in a small amount, as tolerance often depends on the dose.One important thing to keep in mind throughout is that you don’t have to be perfect. While there’s no clear-cut method on how to reintroduce foods, she says that often the recommended step is to reintroduce each FODMAP at a time with a select list of foods.

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cacigiluwi doyuba gavomubivo cokuva zefeyelurocu monomabuyu juzi zinezehu pomoku ne pikuwogi

fuhojada licati tecupewo koke

dapameso poyiwa. Lavigatovo nakura xewoje widaneba gi yexohi

fukirisoco te wiyukudoso manuyerenasa yogami meho

tibanevefi cupoxo zexifimu pubusuzo xehoboni sisuduboca jefufi. Yukutuyo lepabevoru nida jabajunisa bisu hupo nofepuwu xowagomidu pe leka xacexoho zu loyameri lo yekaside wulikatimi yugeru riduya