

Relieve Constipation or Diarrhea With This Simple Diet

FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides, and polyols, which are short-chain carbohydrates (sugars) that the small intestine absorbs poorly.

FODMAP diet: why you need it, what you can eat and what you can't

Let's take a closer look at what it is and what foods are allowed and which are prohibited with such a nutrition plan. And most importantly: who is prescribed the FODMAP diet at all.

What is FODMAP

All of these substances are short-chain carbohydrates and sugar alcohols, which are rather poorly absorbed by the body, especially in large quantities.



Absorption of nutrients occurs mainly in the small intestine. And FODMAP, when interacting with the local microbiota, begin to ferment actively, releasing carbon dioxide, hydrogen, and methane. As a result, a person begins to suffer from abdominal pain and bloating.

What foods contain FODMAP?

- Substances that are fermented carbohydrates and sugar alcohols;
- Fructose (found in fruits and vegetables);
- Fructans (also found in some vegetables and seeds);

- Lactose (in dairy products);

No, these substances are not harmful to health, and it is not at all necessary to avoid them. For example, fructans, polymers of fructose, are prebiotics. They stimulate the growth of beneficial intestinal microflora

However, some of the FODMAPs can provoke increased sensitivity of the intestine, or exacerbate chronic diseases of the gastrointestinal tract, if any.

How does the FODMAP diet work?

A diet low in oligosaccharides implies either their complete or partial exclusion from the daily diet.

It is not necessary to give up these products for life (although such cases also happen). The principle behind the FODMAP diet is to give the gut time to recover, which is why it is seen as an important part of therapy for gastrointestinal disorders.

Who is eligible for the FODMAP diet?

As I mentioned above, this restrictive diet is prescribed for people with chronic gastrointestinal diseases such as:

- inflammatory bowel disease (IBD);
- Other functional disorders of the gastrointestinal tract.

In addition, the FODMAP diet has been shown to relieve symptoms of other chronic conditions:

- Autoimmune diseases (rheumatoid arthritis, multiple sclerosis);
- Intestinal gas, bloating, heartburn, and more.

In my practice, the restriction of these foods is very temporary (around 2 weeks to see if one feels better and also to find out one's triggers). while the treatment is started.

Should you need more help with managing the symptoms and finding out the root cause of your health issues, schedule a consultation with Zhanna Tarjeft, FNP [Here](#).

BOOK AN APPOINTMENT

Zhanna Tarjeft, FNP-BC is a Functional Medicine Family Nurse Practitioner specializing in gut health issues such as SIFO (Small Intestinal Fungal Overgrowth), SIBO (Small Intestinal Bacterial Overgrowth), leaky gut, IBS, Mold illness (CIRS, Biotoxin illness) and in thyroid disorders such as hypothyroid and autoimmune thyroiditis (Hashimoto's autoimmune thyroiditis). For more information on how to become a patient, please contact our office.

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