



## Lose the bloat

Why is that some of us feel better when we cut out bread and pasta? You might find that when you eat too much of these foods you feel bloated, nauseous, “heavy” or suffer from cramps. Take these foods away and the symptoms noticeably reduce. Gluten, you think, must be the gluten.

### Nope. Not the gluten.

#### Irritable bowel Syndrome (IBS)

If you have been suffering from gut associated symptoms such as wind, bloating, irregular bowel habits, cramps and/or nausea, for more than 6 months, your doctor may diagnose IBS. Is this the part where we cut out gluten and dairy? Nope. Not quite. (For the record, the only time cutting out gluten is required is when you are diagnosed with Coeliac’s disease which is when the **immune system** responds to gluten (a **protein** found in wheat,

barley, oats and triticale) by destroying the villi in the small bowel, leading to malabsorption of nutrients. This also needs to be diagnosed by a doctor).

IBS is about the malabsorption of different types of sugars, not protein. Certain types of sugars such as fructose (found in high amounts in apples), fructans (bread and pasta), lactose (in milk) and sugar polyols (apricots) occur naturally in foods in varying amts. People who don’t absorb these sugars completely, and are sensitive to this happening, experience the symptoms of IBS.

**The Low FODMAPs approach** can reduce the symptoms of IBS by reducing the sugars you malabsorb.

The idea is to remove foods that are high in these types of sugars for 6 weeks (until the symptoms noticeably reduce) and then gradually introduce foods with ONE type of sugar at a time back in. If you introduce apricots and experience no symptoms, then sugar polyols are probably not an issue, introduce pasta and the familiar bloating returns, than it’s the fructans. Our team specialised in low FODMAPs so if you need more info please [get in touch](#).

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#### Low FODMAP Instagram accounts

- Fodmap Friendly @fodmapfriendlyfood program
- The Fodmap Challenge @thefodmapchallenge
- Monash Fodmap @monashfodmap

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