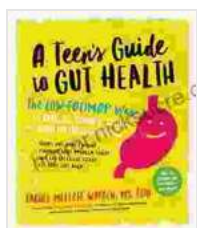


The Low FODMAP Way to Tame IBS, Crohn's Colitis, and Other Digestive Disorders

If you're one of the millions of people who suffer from irritable bowel syndrome (IBS), Crohn's colitis, or another digestive disorder, you know how frustrating and debilitating these conditions can be.



A Teen's Guide to Gut Health: The Low-FODMAP Way to Tame IBS, Crohn's, Colitis, and Other Digestive Disorders

★★★★☆ 4.5 out of 5

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Screen Reader : Supported
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Print length : 282 pages



The good news is that there is a scientifically backed eating plan that can help you manage your symptoms and improve your quality of life: the low FODMAP diet.

What is the Low FODMAP Diet?

FODMAPs are a group of short-chain carbohydrates that are found in many common foods, including:

- Fructose (found in fruits, honey, and agave nectar)
- Lactose (found in milk and dairy products)
- Fructans (found in wheat, rye, and onions)
- Galactans (found in beans, lentils, and cabbage)
- Polyols (found in artificial sweeteners, sugar-free gums, and some fruits and vegetables)

For people with IBS, Crohn's colitis, and other digestive disorders, FODMAPs can cause a variety of symptoms, including:

- Bloating
- Gas
- Diarrhea
- Constipation
- Abdominal pain
- Nausea
- Vomiting

The low FODMAP diet is a restrictive diet that eliminates foods that are high in FODMAPs. The goal of the diet is to reduce symptoms by reducing the amount of FODMAPs that are consumed.

What Foods to Avoid on the Low FODMAP Diet

The following foods are high in FODMAPs and should be avoided on the low FODMAP diet:

- Fruits: Apples, pears, cherries, mangoes, peaches, apricots, plums, nectarines, watermelon, cantaloupe, honeydew, grapes, raisins, dates, figs
- Vegetables: Onions, garlic, shallots, leeks, asparagus, broccoli, cauliflower, Brussels sprouts, cabbage, kale, spinach, artichokes, mushrooms, peas, beans, lentils
- Grains: Wheat, rye, barley, spelt, kamut, triticale
- Dairy products: Milk, yogurt, cheese, ice cream
- Sweeteners: Honey, agave nectar, high-fructose corn syrup, artificial sweeteners
- Other: Cashews, pistachios, soy sauce, teriyaki sauce, BBQ sauce, ketchup

It is important to note that the low FODMAP diet is not a cure for IBS, Crohn's colitis, or other digestive disorders. However, it can be a helpful tool for managing symptoms and improving quality of life.

How to Get Started on the Low FODMAP Diet

If you're interested in trying the low FODMAP diet, it's important to talk to your doctor or a registered dietitian first. They can help you determine if the diet is right for you and can provide you with personalized guidance.

Once you've gotten the go-ahead from your doctor, you can start the low FODMAP diet by following these steps:

1. **Elimination phase:** For the first 2-6 weeks, eliminate all high-FODMAP foods from your diet. This means avoiding all of the foods

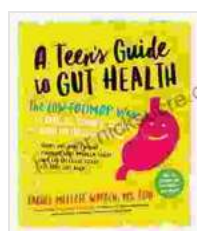
listed above.

2. **Re phase:** After the elimination phase, you will start to reintroduce high-FODMAP foods one at a time. This will help you identify which foods trigger your symptoms.
3. **Maintenance phase:** Once you've identified your trigger foods, you can create a personalized diet that includes low-FODMAP foods and avoids your trigger foods.

The low FODMAP diet can be a challenging diet to follow, but it can be a lifesaver for people with IBS, Crohn's colitis, and other digestive disorders. If you're struggling to manage your symptoms, talk to your doctor or a registered dietitian about whether the low FODMAP diet is right for you.

Resources

- The International Foundation for Functional Gastrointestinal Disorders
- Crohn's and Colitis UK
- Gluten Free Palate
- Rachel Paul's Food

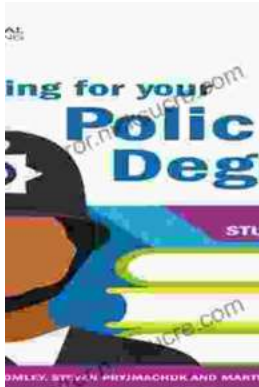


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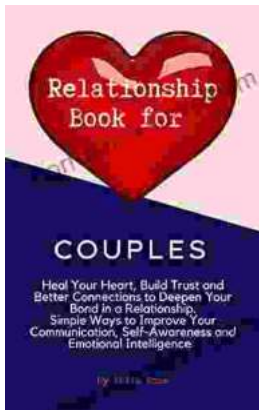
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