

FODMAP Stacking explained

Transcript

00:18 Hi, my name's Ryan Lockman. I'm a dietician for the diverse disease team, and in this video I'll be introducing FODMAP stacking.

00:28 Do your Food Combinations, trigger Symptoms. Let's find out. So here, we're just going to go over a few topics. The FODMAPs, what are, what is FODMAP stacking?

00:40 How to prevent FOD MAP stacking with the resources we provide. And what if you unintentionally FOD MAP stack what to you two?

00:50 So first, just a quick review. FODMAP stands for fermentable illegal saccharide, disaccharide, monosaccharide, and polyols. So it's a mouthful.

01:02 So in a nutshell, we referred to them in the acronym FODMAPs. These are short chain carbohydrates or sugars that aren't absorbed properly in the gut, which can trigger symptoms in those with FODMAP intolerances, right?

01:16 So you can see the foods listed here are all examples of foods that contain the FOD maps that are listed beneath them.

01:26 So the low FODMAP diet limits the FODMAPs consumed in a meal just enough to eliminate digestive symptoms related to FOD intolerance.

01:35 We provide a roadmap to help you follow a diet low in FODMAPs. That said, even if you're following a diet strictly low in FODMAPs, you might still be experiencing some symptoms, and that may be from FODMAP stacking.

01:57 So what is it? FODMAP stacking refers to when a FODMAP compound accumulates or stacks up in your digestive tract causing symptoms.

02:09 So this is caused by eating multiple portions of one or more low FODMAP foods that contain the same fodmap. So you may be following the low FODMAP diet, eating all of these prescribed low FODMAP servings.

02:26 But if you have two foods in one meal that have the same FOD map, for example, fructose and fructose, they stack up together and make it into the bowel at the same time.

02:39 Almost appearing as if you had a moderate or a high dose of that food unintentionally. I'll explain this in many ways.

02:46 So hang in there. So this could apply. FODMAP stacking could apply to a single meal, so avoiding having too many sources of fructose ex, for example, at one meal, or it could apply to having subsequent meals.

03:01 So you may not want to stack, say, have a low FODMAP serving a fructose at breakfast and a low FODMAP serving at lunch.

03:10 Now, definitely rely on your dietician's advice and guidance here as the approach to FODMAP stacking in terms of per meal or per day may vary on your individual situation.

03:22 So check with your dietician first. So let's look at how this affects the digestive system. So those of food intolerances when they consume a food containing of FODMAP, that FODMAP travels down the digestive system and arrives at the small and large bowel.

03:45 There. It may attract water, it may be fermented by gut bacteria, which would either which may produce a gas or cause abdominal bloating or pain.

03:56 Various digestive symptoms. So to avoid that, the low FODMAP diet limits FODMAPs consumed in a meal just enough to eliminate these digestive symptoms.

04:07 So this is an example of following the low FODMAP diet. We would consume the low FODMAP diet serving of a particular food containing FODMAPs.

04:16 So these strawberries contain fructose, but if we eat them in a serving size of five or fewer, though the fructose in those strawberries travel down the digestive system and a minimal dose of fructose arrives at the bowel and likely no symptoms occur.

04:33 Okay, So let's pretend that we are FODMAP stacking with strawberries. So we started with the low FOD map serving, but we had an additional serving, let's say maybe at the same meal, maybe at a subsequent meal.

04:49 So maybe at breakfast and at lunch. If we have five strawberries at breakfast, we have five strawberries at lunch. Access fructose may arrive at the bowel and symptoms may occur.

05:03 More likely though we're following the low FODMAP diet carefully, but we're forgetting to look at the FODMAP content. Which FODMAPs are we consuming?

05:13 At the same time, strawberries and grapes both contain fructose. So these are both the, the low FOD map dose. Let's say this is five strawberries and this is six grapes.

05:24 We may have them at the same meal thinking that we're following the low FODMAP diet carefully, but we are actually stacking in this case in the same way as if we had double a double amount of strawberries.

05:37 We are consuming too much fructose and the excess fructose is going to make it to the bowel and symptoms may occur.

05:59 So The bot stacking cause a symptom for you. Let's look at this another way. Unlike a food allergy, food intolerances are dose dependent, right?

06:12 And within allergic reaction to a food, if any exposure, but with FODMAP intolerance, it's based on the amount that you consumed.

06:21 So symptoms won't occur until the amount you can tolerate is exceeded, which in other words is thinking about your personal threshold.

06:33 So let's look at this red line and assume this is your personal threshold. These purple spikes represent each time you eat something with FOD maps.

06:43 Eating a high FODMAP food or stacking FODMAPs represents the peaks, right? The higher the ones that perhaps exceed your threshold.

06:55 And this is when you would start to experience any digestive symptoms related to eating that FODMAP. So let's look at this using food as an example.

07:11 If your tolerance to fructose was low, you might have symptoms when you stack two or more servings at one meal.

07:20 So looking over here at this little strawberry, let's, let's say this is a low FODMAP serving of strawberries. You've had five strawberries, no symptoms, but if you were to have five strawberries and six grapes, perhaps this peak here is either nearing or exceeding your threshold.

07:37 And this is when you notice you have digestive symptoms. Okay, So how to avoid FODMAP stacking. Here are some of our top tips.

07:51 First, consider spacing out your meals. Having regular meals that are separated by three to five hours consuming beverages in between is a good way to organize your day.

08:05 Eating mostly foods low in FOD maps or that are FODMAP free. I pulled this picture here to give you an example.

08:14 Take a minute to look at this. I wonder if you notice which food here actually contains FODMAPs. Only one ingredient will actually contain FODMAPs.

08:24 Any guesses? It's actually the green beans. So white potato, carrots and chicken do not contain FODMAPs, nor do the green onions that are sprinkled on the top here.

08:38 The only food in this list that contains five, or in this recipe that contains FODMAPs are the green beans, and you can have up to 15 of them per serving.

08:48 So there's no stacking involved here because there's only one food that contains FOD maps. Okay, so I'm going to go over the FODMAP free list here in a minute.

08:59 Another thing you could try is to avoid having too much fruit. A lot of times fruit contains excess FOD maps or multiple FOD maps, which makes it tricky and more likely to stack focus on variety.

09:12 Try not to have the same ingredients you have for breakfast and for lunch and for lunch and for dinner to avoid stacking between meals or among meals.

09:21 And then learn your unique thresholds. When we are looking at that the Purple Peaks, understanding what your threshold is, you may be able to stack with two low FODMAP servings of fructose, but not three.

09:35 And that's something that you and your dietitian will work to identify throughout your program. So we have a couple of resources that we often use as dieticians and support you with when we're trying to avoid FODMAP stacking the Monash University app, the ultimate low FODMAP grocery list, the stacking list, and the low, the FODMAP free foods list.

10:02 And of course, our, your dietitian will be always looking and carefully screening your food logs for any stacking. Do note that our resources are all updated regularly and posted to the community Facebook page.

10:17 If you're not a part of our Facebook page, message your dietitian and we'll send it to you. So just a quick review, the Monash University app, you can use this to check the FODMAP

content and the recommended serving size.

10:31 It's searchable so you can plug in the food you're looking for and it'll pop up quickly and it's easy to use.

10:37 There is a one time purchase. You don't have to pay yearly, it's just one time and you can get it through the app store or Google Play for Android.

10:47 Here's just a quick screenshot of what you'll see. For example, strawberries, we've been talking about that contained fructose at five medium strawberries.

10:57 No FODMAPs are picked or not no FODMAPs. As this is the low FODMAP serving, if you exceed that amount and you have six strawberries at a meal, then you'll start to pick up a moderate amount of fructose.

11:11 This is where a moderate amount of fructose will make it to the lower digestive system and symptoms may occur at eight strawberries.

11:21 A high amount of fructose is making it to the digestive lower digestive system, and the symptoms may appear more acute if you are sensitive to that thought map.

11:32 So when you're looking for when you're searching a food on the Monash app, what you'll do is plug in the food and look for the six dots.

11:42 When you see that all six dots are green, that portion size is the low FODMAP portion and the one that you would ideally aim for at each meal or anytime you have that food.

11:57 You could also use the ultimate low FODMAP food and shopping list. So we update this regularly with the portion sizes that align with the low FODMAP servings confirmed through the Monash University.

12:08 So you don't necessarily need the app if you have this resource handy. You may also use our low FODMAP food list by FODMAP category.

12:20 Now this one is a little tricky to work with, so it's important that you discuss this with your dietician. You may be avoiding stacking with just one fodmap or you may be looking at avoiding stacking with a few FOD maps at a time.

12:36 Now this is, it's very important that you discuss this with your dietician to decide which approach to take. Also note that the highlighted foods below contain more than one FOD map.

12:48 So if it's in the sorbitol category, but it's highlighted, it means that it will be found in another category also, like aloe is in sorbitol and the G os category.

13:00 So allo will stack with both G os containing foods and sobral sorbitol containing foods. Another way to think about this list is that if you're trying to avoid stacking with one FOD map, let's say sorbitol, I would recommend that my client not have more than one food from this column at any meal of that day.

13:25 So you wouldn't wanna have two foods from this column at one meal. That would that would be an example of stacking.

13:37 So I, I mentioned the FOD map Free foods list. Fill your grocery list with these foods. These, this handout can contains foods that e that contain either zero or trace amounts of FOD maps.

13:52 These foods will not stack. There are proteins, fruits, vegetables, grains whole, a whole slew of foods that can be incorporated into a very diverse diet without any FODMAPs for the FODMAP elimination phase.

14:10 So what do you do if you've stacked? Don't panic. Note that this is a learning opportunity, something to discuss with your dietician.

14:17 Try not to jump to conclusions. It may not cause any symptoms at all but if it does, the remaining recommendations here are related to improving motility.

14:29 You know, if you've consumed a high dose or a moderate dose of a FODMAP and you're worried about it causing some symptoms, you can work to improve motility, which means it's going to move that FOD map out of the digestive system at a mildly more rapid rate.

14:46 So you could try something like peppermint tea or gingered tea, peppermint capsules. They can calm bowel spasms. If you have digestive symptoms like diarrhea.

14:56 Something like peppermint can help to calm that down while the FOD map is moving out of the body. It can help with motility in the upper GI.

15:05 Of course, staying well hydrated can help a lot. Hot packs and baths if you're having abdominal cramps and gentle movement, again, can help with that motility And connect with

your dietitian.

15:18 We're here to help know that we are observing patterns around your symptoms as we're watching in chronometer, and we'll advise on any changes we think that can help.

15:29 Do connect with your dietitian because their recommendations are going to be individualized to you. Not everyone needs to avoid FODMAP stacking, but it can be a real game changer if, if it's helpful for you.

15:41 And consider joining a q and a to practice these skills. We can pull up the handouts we've talked about and look specifically your, at your chronometer and help you avoid FODMAP stacking in the future.

15:53 Thank you for your time and best of luck to you.