

What to Expect from the Low FODMAP Diet Protocol

Transcript

00:01 Hi there. I'm Emily Gabel, dietician with Diet versus Disease. This video is going to give you guys an idea of how the low FODMAP diet is going to go and what to expect from it.

00:12 So starting off with a little diagram from Monash here, you can see that there are three phases to the low FODMAP protocol.

00:19 The first phase is the low FODMAP diet, or what we call the FODMAP elimination phase. The second phase is the FODMAP reintroduction phase, and the third one being the FODMAP personalization phase.

00:32 So going into detail about each of these phases. So for elimination, we are going to be eliminating high FODMAP foods or reducing FODMAP intake.

00:42 So you might be asking, why do we want to do this? What is the point of reducing our intake of these FODMAPs?

00:48 So FODMAPs we know are easily fermentable carbohydrates that when they reach the large intestine cause a variety of digestive symptoms that you are experiencing if your dietician has instructed you to follow a low FODMAP diet.

01:02 So by reducing your intake of these problematic carbohydrates that lead to these symptoms, we should see a relief of the symptoms.

01:09 We should see more so a stable baseline of how you're feeling. So during this elimination phase, we are going to provide you with a variety of tools that will help you to understand what foods are high FOD map and how to take those out of your diet and what to replace them with.

01:25 We like to think of this as sort of short-term pain for long-term gain, or in better words, short-term sacrifice for long-term gains.

01:34 So this part of the low FODMAP protocol can be a little bit tricky because you're having to make changes to what you normally do, but that is why we are here to help us dieticians have ideas for you as to what to swap, high FODMAP foods for how to make these changes in the easiest way possible.

01:53 So that is what we're here to help with. But just think of it as you are doing yourself a favor by investigating this and there will be long-term payoff or benefits for doing so.

02:03 The whole purpose, like I said, of this elimination phase is helping to get you to a baseline. We need to be at a baseline in order to go into the next phase, the reintroduction phase because we want symptoms to be stable enough to understand what triggers are, which I'll go into more detail about in just a second.

02:20 But essentially we need to follow this elimination diet for anywhere from two to six weeks is the typical timeline of how long you would be eating low FOD map or eliminating high FODMAP foods.

02:31 But this can look different for everyone and I will go into more details about why that is or different factors that play into why that timeline isn't always the case for everyone two to six weeks.

02:44 So then as far as what you're going to utilize to get you to eliminate these FODMAPs, like I said, we're going to provide you with resources that you'll see in this module and following modules.

02:55 And then the Monash FODMAP app is something that we recommend downloading for information on FODMAP foods as well because Monash University does the research for the low FODMAP diet.

03:06 So they have compiled that information into an app and it is updated as the research evolves, which is the best part about it.

03:14 It allows us to keep up with what new findings there are because Monash is constantly testing new foods or retesting ones that have already been tested.

03:24 So those are ways in which we're going to help you eliminate. And then obviously the personalized work that you're going to do with your assigned dietician will be most valuable in eliminating these FODMAPs because the FODMAP diet is certainly not something that's straightforward.

03:39 You may have tried it on your own or maybe you've heard a little bit about of it, about it and it's overwhelmed you.

03:44 Well, that's what we're here to do is help reduce the overwhelm as we do have loads of experience with helping people in a low FODMAP diet.

03:52 So your dietitian is going to give you that guidance, like I said, and one big key part of that is through tracking.

03:57 So you're going to hear about chronometer and chronometer is a place where you're going to track your food intake and this is going to help us to help you eliminate FODMAPs better.

04:08 So eliminating those high FOD map foods because we can't really give you guidance if we don't know what you're eating and what potential for FODMAPs there is in your diet.

04:17 So that's essentially what the elimination phase is going to look like. And then as I said, we want to get to a baseline before we go into the reintroduction phase, and that is going to hopefully happen two to six weeks after starting a low FODMAP diet.

04:32 You would get to a baseline or a point where you feel as though you are at least 90% symptom improved for anywhere from five to seven days.

04:40 So we want to be at a good place to notice a difference between symptoms that are coming from a reintroduction food and symptoms that maybe just typically occur.

04:49 So at this point, when we get to the reintroduction phase, this is where we're going to identify triggers, which is what you've probably been hoping to do all along, understanding what foods cause your symptoms and how to avoid them.

05:01 So during this reintroduction phase, we are going to one by one introduce a FODMAP category and assess your tolerance to it by gradually increasing the portion of that food that you are consuming.

05:14 One of the most important things about this reintroduction phase is other than that food or FODMAP category that we are reintroducing, your diet does still need to be low FODMAP in the background because we don't want there to be external factors that could be causing symptoms where we're confused, okay, was it this high FODMAP meal that you accidentally ate or was it the reintroduction food that caused the symptoms?

05:36 So it is really important to consider the rest of your diet while doing, while consuming these reintroduction foods as well.

05:43 But there are nine different reintroductions that your dietitian will coach you through. Diet versus disease has a very straightforward reintroduction guide that we will provide to you when you've reached a point that we feel you're ready for reintroductions.

05:56 And this is just a strategic way to go about bringing the foods back in so that we do get those clear cut results on what FODMAPs are triggers for you and at what portions.

06:08 So then this note here about taking your time and following the dietician's guidelines. So when I say take your time, I mean that if you are having a day where you have symptoms, you are going to hold off on the reintroduction.

06:21 So it's not always going to go one category to the next, this dose of the food to the next dose of the food.

06:26 Sometimes there are hiccups along the way where we feel as though you need a couple of days to get yourself back to feeling well before going into a reintroduction.

06:34 So you'll be following the dietician's guidelines on this for sure. But just wanted to bring that up as well. And then that kind of goes back to the idea that sometimes we have to take a couple day break during the reintroductions.

06:46 If we feel like there's something going on in your life that might prevent us from getting clear cut results or information from the reintroduction or if there's something going on medically or lifestyle-wise, that's going to affect our results.

07:00 So the reintroduction phase, really all you have to know about this right now is that it will help you to identify your triggers.

07:06 We are going to reach the reintroduction phase when we feel that your symptoms are stable or pretty much relieved. And then you are going to be following your dietician's guidelines on how to do this, and we will be providing you information and resources on this.

07:22 The third phase is the personalization or maintenance phase. So after you've gone through reintroductions and you've identified your triggers, it's important to consider one, what other factors played into your symptoms originally.

07:34 So during the first couple weeks with your dietician, we might realize, oh wow, like your fat intake is certainly playing into your symptoms or your fiber intake or fluid intake, which these are all things we talk about in a late later module as far as what else plays into symptoms besides FODMAPs.

07:52 But what you want to know here is that in the third phase, this personalization or maintenance phase, we're going to help outline for you not only the FODMAP implications of your diet that you'll need to consider in the future, but also those external factors as well, or

other components of your diet.

08:09 Then as far as understanding personalized triggers, so we're also, this could be a point where we decide maybe there's a packaged food or some really specific food that we can't say fits into one of the FODMAP categories, but we want to understand your tolerance for it because it's something that you'd like to include in the future.

08:29 We can do personalized reintroductions of foods that you miss, or foods that you used to include. And then essentially this, this whole phase is about understanding how to navigate the triggers and we can give you ideas of going forward, what types of foods to look out for on labels, what things you might want to consider down the road as far as maybe that those specific triggers that we've identified, like how can they be recognized in a restaurant setting or recognized on a label for example.

08:58 So that's sort of what the goal of this phase is, is to make you feel prepared to go forward into the rest of your life to feel the best that you can.

09:08 So that is the personalization or maintenance phase that your dietitian will coach you through and help prepare you for the future.

09:16 So I want to recognize what I said, what I had said earlier about how that timeline specifically in elimination, that first phase doesn't look the same for everyone.

09:25 It's not always two to six weeks that were in the elimination phase, and that's because progress isn't always linear. There can be different things that might pop up along the way that cause symptoms.

09:34 This could be stress related, this could be maybe a big trip or event going on in your life, or maybe it's just some, some different things that we have to figure out with you that might not be FOD map related, but just with your diet in general.

09:48 So it's not, progress is not always going to be linear. There will be ups and downs, but that's what we're here for is to coach you to that baseline or this point in the graph where you see things level out When we know that you are, you're kind of at a stable point ready for that reintroduction phase.

10:03 So just keep in mind that this, this progress along the way isn't always going to be linear even in the reintroduction phase.

10:09 Maybe we have a high point where we reintroduce a food and it went really well and then we have a low point where maybe one didn't go as well and we have to identify it as a trigger.

10:19 So I just wanted to point that out. And then lastly, I just want to pull up this slide about visceral hypersensitivity.

10:28 So this is something that is discussed a bit further in our stress and mindset module, but it's something to be aware of.

10:35 So visceral hypersensitivity is really just the idea that people with IBS especially can have a lower threshold for pain in your abdomen.

10:45 So this could relate to normal digestive activity that maybe triggers a feeling that is more intense than someone without visceral hypersensitivity.

10:55 And because of this we, we might see symptoms pop up more frequently or there might be hiccups in the road as far as the general flow of the low FODMAP protocol goes, but this is why we do have mindset coaches on our team and basically we just want you to check out this information in our mindset module to understand a bit more about it and, you know, just assess whether or not you might be at risk for this or you might be someone that experiences it because as you see here, about 40% of people with I b s have been diagnosed with visceral hypersensitivity and that's just the people that have been diagnosed.

11:29 So we might not seek medical attention to be diagnosed, but maybe you're experiencing this. So just something else to consider while going through the FODMAP protocol is that this could play into how you're feeling.

11:43 And lastly, I want to remind you guys about the I B s recovery kit information that we provided in the previous module that is also really relevant to each stage of The low FODMAP protocol because maybe there is a hiccup in in the plan, maybe you know, you have a bit of a rough time for a couple of days with symptoms for whatever reason that IBS recovery kit is something to always remember that you have.

12:07 And hopefully this gives you some ease of mind knowing that you have some tools to address symptoms if they do pop up as well as speaking with your dietician about how to navigate those.

12:17 So that is essentially what you can expect during a low FODMAP diet. And please see the resources and information in the rest of this module for more information.