

Irritable Bowel Syndrome & FODMAP Diet

What is Irritable Bowel Syndrome (IBS)?

A group of symptoms including pain and discomfort in the abdomen and changes in your bowel movement pattern which occur together.

Treatments for IBS

1. Fiber supplements and laxatives to relieve constipation
2. Loperamide: anti-diarrheal which slows the movement of stool
3. Anti-spasmodics: to control muscle spasms in the colon and reduce abdominal pain
4. A low FODMAP diet and avoiding foods high in FODMAPS.

What is a FODMAP Diet?

FODMAP DIET: Fermented Oligo-, Di-, Mono-, and Polyols are sugars found in many foods we eat which are poorly absorbed by the small intestine producing gas and creating discomfort. Avoiding these foods can help limit symptoms.

High FODMAP Foods (Foods to Avoid)

| Oligosaccharides (Fructans & Galactosaccharides) | Disaccharides (Lactose) | Monosaccharides (Fructose in excess of Glucose) | Polyols (Sorbitol, Mannitol, Maltitol, Xylitol, Isomalt) |
|---|--|---|--|
| Nectarines White peaches Garlic (and powder) Onions (and powder) Leeks Green Onions (aka Scallions; white part is ok) Barley, Wheat, Rye Chickpeas Legumes, Beans (lentils, peas, etc.) | Condensed Milk Milk Milk Powder Yogurt Dairy Desserts Cottage Cheese Ricotta | Apples Figs Pear Artichokes Dried Fruit High Fructose Corn Syrup Honey | Apricots Cauliflower Mushrooms Maltitol Xylitol Mannitol Isomalt |

Low FODMAP Foods (Eat These)

| Vegetables (5-7 servings/day) | Breads, Cereals, Rice, Noodles (4 servings/day) | Fruit (2 servings/day) | Meat, Fish, Poultry (1-2 servings/day) | Dairy (2-3 servings/day) |
|----------------------------------|---|---------------------------|---|-----------------------------|
| Spinach | Oatmeal | Oranges | Eggs | Low Lactose Yogurt |
| Carrots | Oat Bran | Blueberries | Chicken | Lactose Free Milk |
| Eggplant | Bran Cereal | Strawberries | Beef | Hard Cheeses |
| Tomatoes | White or Brown | Bananas | Pork | (Cheddar, Parmesan, etc.) |
| Zucchini | Rice | Pineapple | Fish | |
| Potatoes | Rice Noodles | Grapes | Tuna | |
| Collard Greens | Quinoa | Melon | Lamb | |
| | Rice Cakes | | | |

Grilled Flank Steak with Chimichurri Sauce

Serving size: 3 oz steak with 1Tbsp chimichurri
Calories: 300

For the chimichurri sauce:

1 ¼ cup Italian Parsley, fresh, washed, picked
½ cup Cilantro, fresh, washed, picked
4 each Scallion, rough chopped (white section only)
½ cup Olive Oil
3 Tbsp Sherry Vinegar
½ tsp Red Pepper Flakes
¾ tsp Cumin, ground
½ tsp Black Pepper, ground

For the grilled flank steak:

1 lb Flank Steak, trimmed and cleaned
3 tsp Canola Oil
½ tsp Kosher Salt
¼ tsp Black Pepper, ground

Preparation:

1. Gather all ingredients and equipment.
2. Combine all the ingredients for the chimichurri sauce in a food processor and blend until smooth.
3. Place the sauce in a bowl, cover and refrigerate until ready to use.
4. When ready to cook, Preheat a grill.
5. Evenly coat the flank steak with the olive oil, salt, and pepper on both sides.
6. Grill the steak for at least 3 minutes on each side, longer if you prefer meats more well done.
7. Remove the steak from the grill and allow it to rest for 5 minutes. Slice the steak against the grain and serve with 1 Tbsp of chimichurri.