Low lactose, **not** dairy free

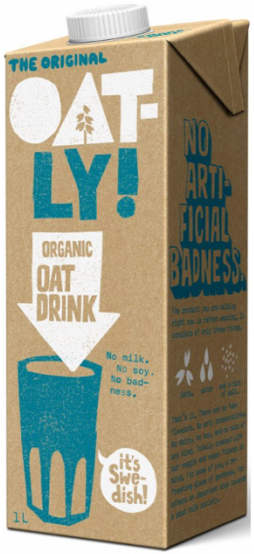
Low lactose milk, yogurt & ice-cream

Alternative milks…

Soya milk <60ml

Coconut milk <125ml

Rice milk <200ml



Oat milk <50ml

Can still eat....

Can still tolerate 30g ordinary milk chocolate, 50ml of milk or 2 tbsp yoghurt…

NOT a gluten free diet

Gluten is found in wheat, barley & rye but gluten has **nothing** to do with IBS

Wheat, barley & rye also contain 'fructans' which are fermentable in the gut

Fructans poorly absorbed in everyone as no ability to break them down in small intestine

Fermentation of fructans can cause IBS-type symptoms in sensitive individuals

Gluten free foods?

You can use ‘gluten free foods’ as these contain no wheat, barley or rye so therefore contain no ‘fructans’

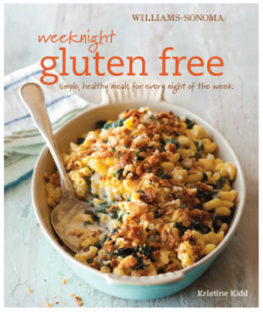
No normal pastry, bread, flour, pasta, noodles, biscuits, cakes, breadcrumbs

Exception: Sourdough SPELT bread (not wheat free).

- Must be made using **100% spelt** flour
- Must be made using **sourdough** method

Waitrose Spelt Sourdough

Gluten free product examples



What starchy foods can you eat?

Rice – all rice e.g. brown, wild, white, basmati, long grain, rice bran

Potato – all **white** potatoes e.g. mashed, boiled, roasted, boiled, chips, sautéed etc.

Oats & oat bran e.g. porridge, flap jacks, oat biscuits, Oatabix etc

Buckwheat

Polenta

Quinoa

Non-wheat cereals e.g. Rice Krispies, Cornflakes (**DO NOT** worry about barley malt extract)