

## Low lactose, not dairy free



Low lactose milk, yogurt & ice-cream

## Alternative milks...



Soya milk <50ml



Coconut milk <125ml



Rice milk <200ml



Oat milk <40ml



Hemp milk <250ml



Quinoa milk <250ml



Can still eat....



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

**Cheese high FODMAP are cottage, cream cheese, halloumi, mascarpone, ricotta, quark and low fat soft cheese**

## 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)