Low lactose, **not** dairy free









Low lactose milk, yogurt & ice-cream













Alternative milks...



Eco mil







Coconut milk <125ml



Rice milk <200ml



Oat milk <40ml





Hemp milk <250ml



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



NHS

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























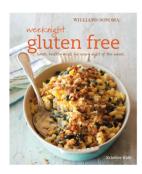




















What starchy foods can you eat?



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)