



MONASH University

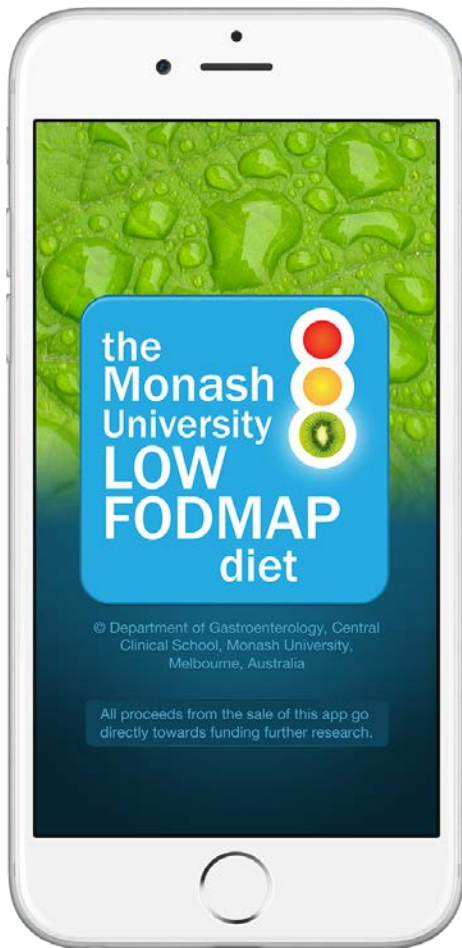
Medicine, Nursing and Health Sciences

The Monash University Low FODMAP Diet app

User Guide



1. Welcome

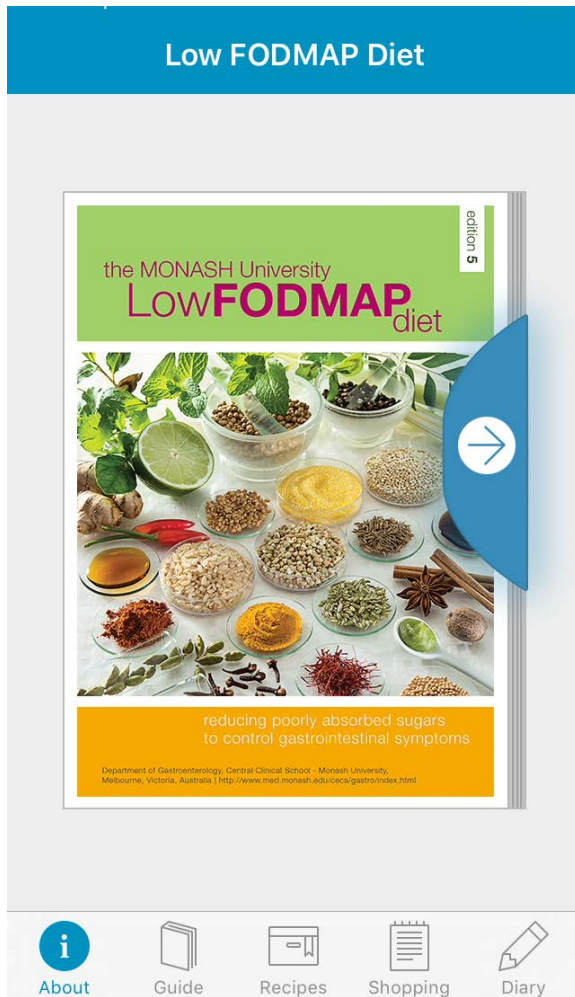


Irritable bowel syndrome (IBS) is a common gut disorder affecting 1 in 7 adults. Researchers at Monash University have developed a diet therapy to treat IBS. This diet is based on restricting the dietary intake of certain short chain carbohydrates (named FODMAPs).

The Monash University Low FODMAP Diet app includes a FODMAP database which contains hundreds of foods tested for FODMAP composition and provides up-to-date information on the dietary management of gastrointestinal symptoms associated with IBS. Use this app in conjunction with a dietetic consultation.



2. Low FODMAP Diet



Home screen featuring cover page of the Monash University Low FODMAP diet booklet.

Click on the arrow to open the booklet and gain access general information about IBS, the Low FODMAP diet, and methods of diagnosis.



3. What are FODMAPs

← Contents What are FODMAPs ↗

Chapter 2

What are FODMAPs?



What are the dietary triggers for IBS/FGID?

For many years, patients have related their



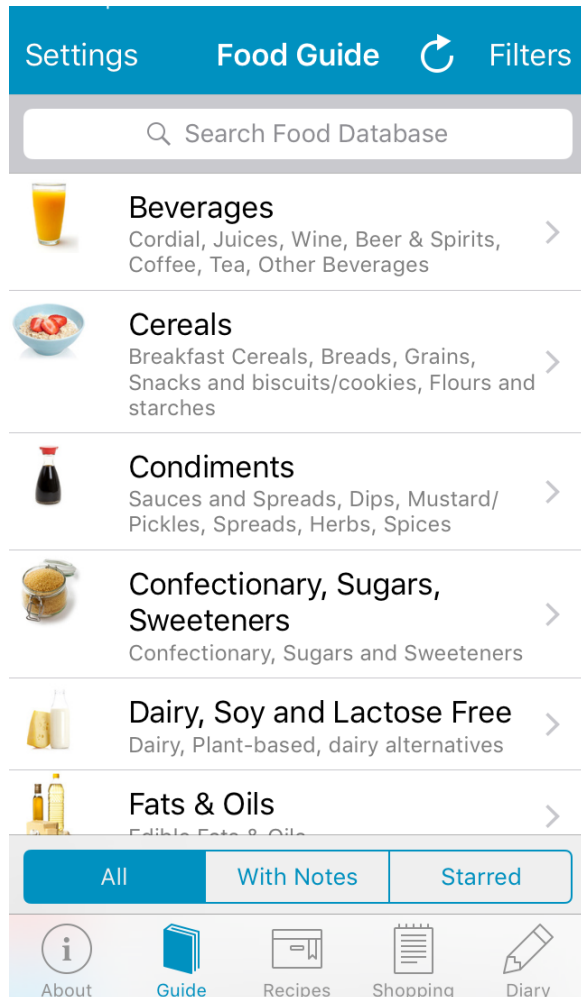
The 'About' section features all the general information and key findings of our research.

The Contents page allows you to click on each chapter and scroll through the information.

Pages featured include information about IBS, FODMAPs and how they trigger IBS symptoms, who malabsorbs them, the Low FODMAP diet for Vegetarians, and information about sourcing low FODMAP foods and maintaining a nutritiously balanced diet whilst on the Monash University Low FODMAP diet.



4. Food Guide



The Food Guide section lists 11 major food categories. Monash University currently has the largest FODMAP database in the world with hundreds of foods tested for FODMAP composition.

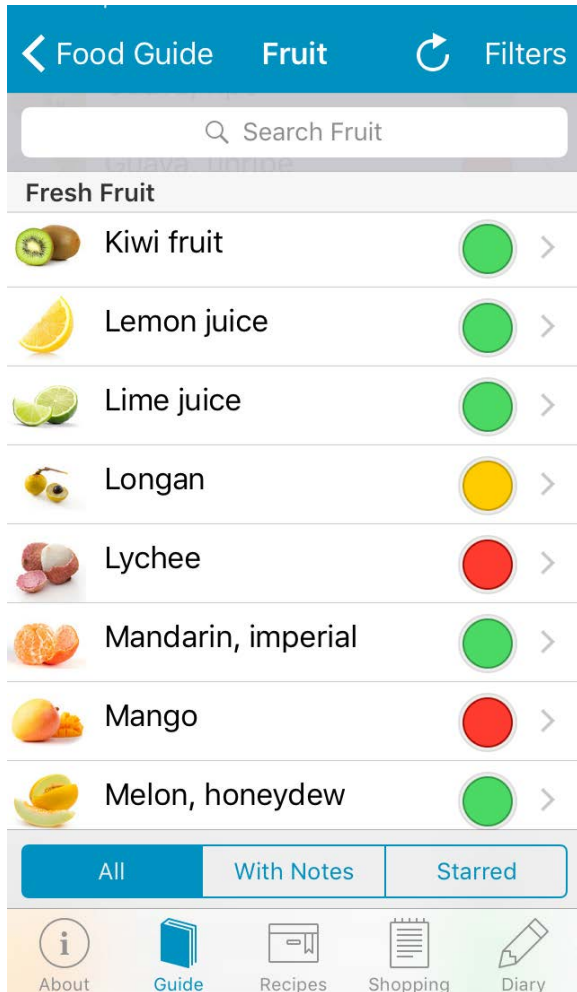
In three easy clicks you can access any food from any category .

The categories are:

- Beverages
- Cereals/cereal products
- Condiments
- Confectionary, Sugars, Sweeteners
- Dairy, Soy and Lactose Free
- Fats & Oils
- Fruit
- Low FODMAP Certified Foods
- Meat, Fish, Eggs
- Pulses, Tofu, Nuts
- Vegetables



5. Guide




The food guide applies a 'traffic light system' to simplify FODMAP content. A 'green light' indicates safe foods low in FODMAPs, 'amber' for foods to be eaten in moderation, and a 'red light' indicates a high level of FODMAPs.

Scroll through the categories and click on foods of interest. The traffic lights on the category pages can be used as a quick reference to avoiding or selecting in moderation foods on an overall low FODMAP diet.







6. Serving Sizes


← Fruit Cherries ☆ ↑

Cherries High 

Fresh Fruit





1 serve (6 cherries) 42g






 Oligos  Fructose  Polyols  Lactose

 About the Traffic Light System

This serving size contains high amounts of excess fructose and moderate amounts of the Polyol-sorbitol, intake should be avoided.

1/2 serve (3 cherries) 21g

 Oligos  Fructose  Polyols  Lactose

 About  Guide  Recipes  Shopping  Diary

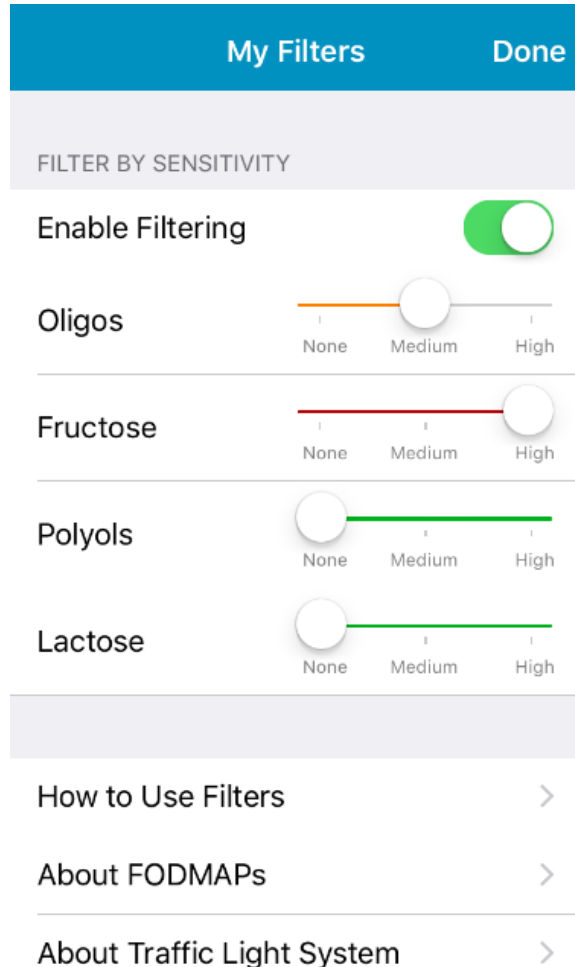
Select the individual foods for a detailed breakdown of FODMAP composition, serving sizes, and serving information.

Foods indicating an 'amber light' for a particular carbohydrate may be ok in moderation, particularly if your sensitivity is moderate in severity, so scroll down for further information.

Scroll to the bottom to add personal notes relating your own symptoms with the selected food, to add the food to your 'Starred' (favourites), or to add it to your shopping list.



7. My Filters



Start examining the food lists by filtering foods according to your own carbohydrate sensitivity.

You can find the 'Filters' button in the top right corner of the Food Guide.

Slide the 'Enable filtering;' bar to ON, then drag the filter bars of each carbohydrate across as your sensitivities require.

If you've filtered foods according to your personal sensitivities, foods to avoid in the guide will be faded out.

However, if the traffic light is red but the food is not faded out, there are serving sizes suitable to your tolerances of the food.

Ensure you click into the food and scroll down to see all serving sizes for FODMAP content.

You can click on the 'About FODMAPs' or 'About Traffic Light System' buttons for further information.



Filters

Food Guide Beverages Filters

Search Beverages

Juices

- Apple, 99% blend (reconstituted & fresh)
- Apple, 99% reconstituted
- Berry fruit blend (from juice bar)
- Coconut water, fresh
- Coconut water, packaged
- Cranberry juice
- Orange, 98%

All With Notes Starred

About Guide Recipes Shopping Diary

Coconut water, f...

based on your sensitivities, only 2 out of 3 serves is recommended.

Coconut water, fresh High

Juices

1 serve (250ml) 250g

Oligos Fructose Polyols Lactose

About the Traffic Light System

This serving size contains high amounts of the Polyol-sorbitol and Oligo-fructans, intake should be avoided.

Moderate serve (163ml) 163g

About Guide Recipes Shopping Diary

Coconut water, f...

Based on your sensitivities, only 2 out of 3 serves is recommended.

Moderate serve (163ml) 163g

Oligos Fructose Polyols Lactose

This serving size contains moderate amounts of the Polyol - sorbitol and moderate amounts of the Oligos (fructans). Intake should be limited.

1 small serve (100ml) 100g

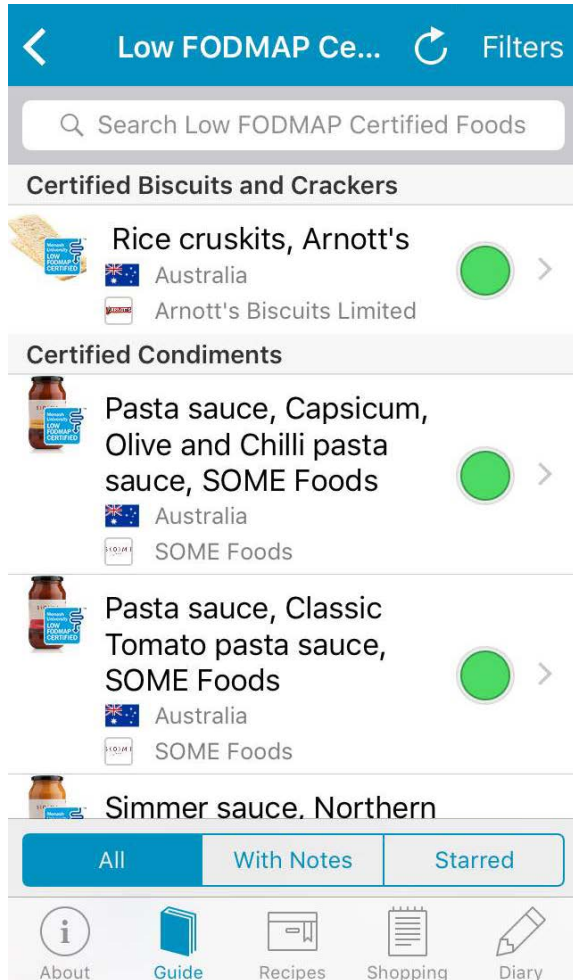
Oligos Fructose Polyols Lactose

This serving size is low in FODMAPs and should be tolerated by most individuals with IBS.

About Guide Recipes Shopping Diary



8. Certification Program

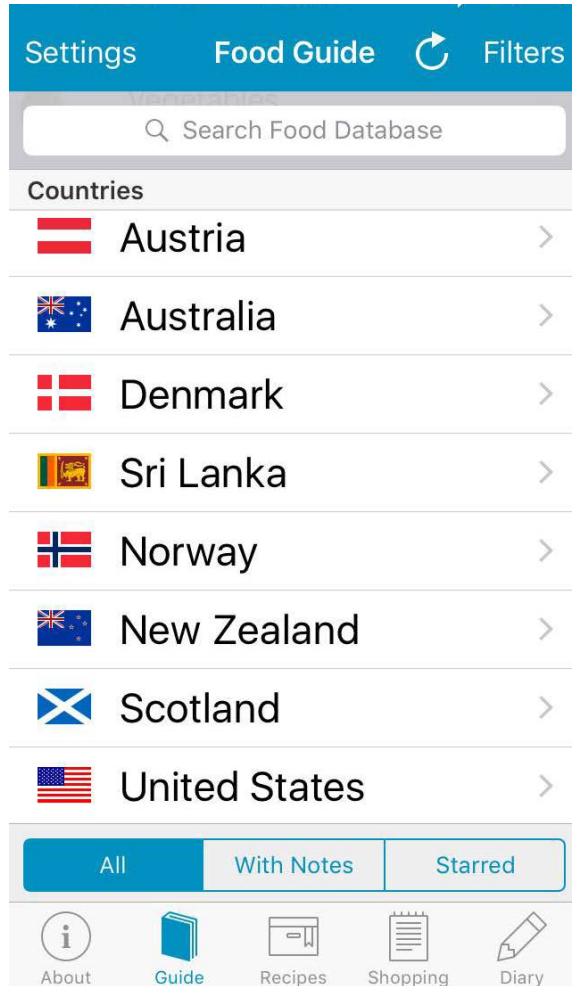


We created the Low FODMAP Certification Program to make it easier for consumers diagnosed with IBS to identify and select low FODMAP food choices.

The Certification Program seeks to promote high quality, nutritious food products. Only foods which meet strict nutrient criteria are eligible for inclusion. All certified products are low in FODMAPs.



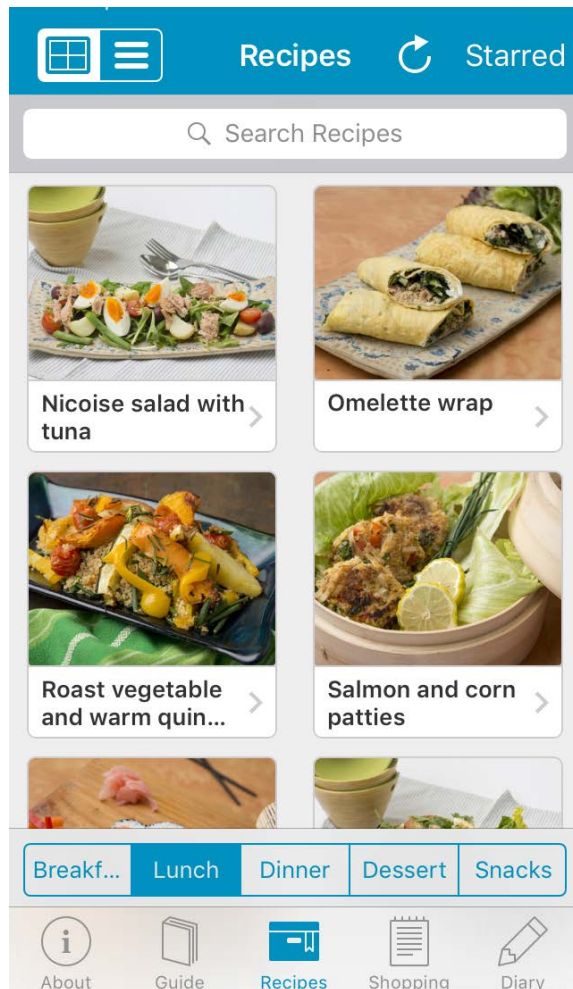
9. Countries



We want to make the low FODMAP diet accessible for IBS patients all over the world, which is why we have extended our food testing to foods sourced internationally as well. Because of the different processing methods used in different countries, there may be varying FODMAP results for foods we've tested here in Australia. This is why we extend our testing overseas to ensure our FODMAP information is as relevant as possible for people on the low FODMAP diet everywhere.



10. Recipes



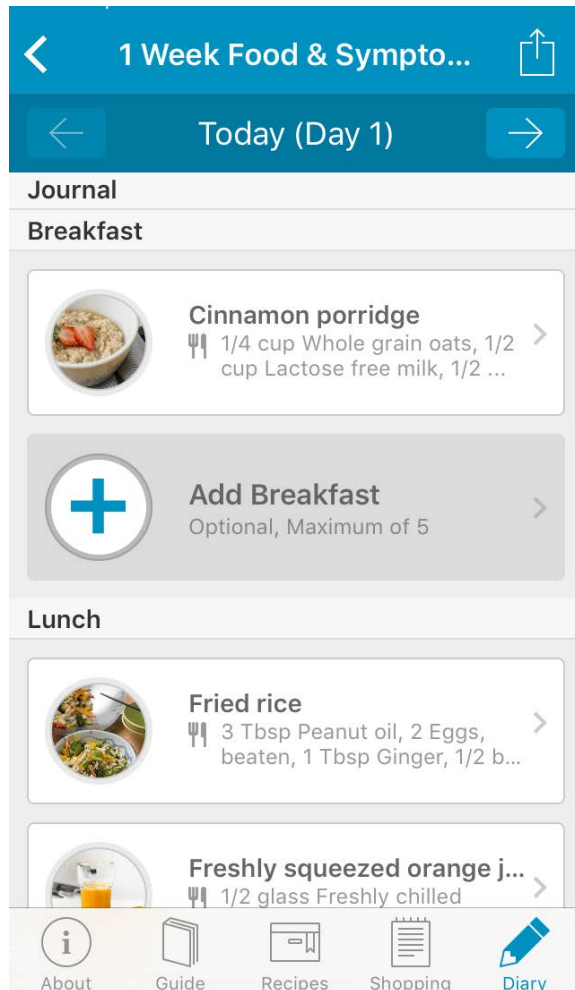
Eating Low FODMAP is not as difficult as it may initially seem and need not be boring. The Recipes section contains 78 Breakfast, Lunch, Dinner, and Snack recipes and meal suggestions that are Low FODMAP.

Select the recipe/meal suggestion for an ingredients list, step by step instructions, and nutritional information.

All recipes included can be used to follow the one week Low FODMAP diet challenge.



11. 1 Week Challenge



A proper clinical observation of whether the Low FODMAP diet is improving your IBS symptoms is important. Guidance from your consulting dietitian is strongly recommended.

You can effectively monitor your diet and corresponding symptoms using the Challenge feature.

Select 'Start Challenge' on the home page and fill in the diary each day for a week. Select the recipe or food items you have eaten each day and remember to record your symptoms using the Journal button in the top right corner.

You can re-set the diary after completing you One Week Challenge so you can challenge your FODMAP tolerance again.



12. Editing Journal

Cancel Add Journal Entry

Entry for Day 1

During the past day, were your symptoms adequately controlled (meaning, not troublesome for you)?

No

Yes

Abdominal symptoms overall

Excellent None at all The worst it has been Really Awful

Abdominal pain/discomfort

Excellent The worst it has been

Save Journal Entry

Record your gastrointestinal symptoms 'daily' during the 'One Week Challenge'.

You can record your symptoms in the journal by sliding each bar across according to the severity of your symptoms each day.

Press 'Save Journal Entry' after completion. Ensure you scroll down the page to record every symptom or you will not be able to save your entry.

You can archive your symptom charts and food diaries to view correlations over time to help determine what foods are triggering your symptoms.

At the end of the week you will receive a certificate of completion and a graph of your symptoms. Be sure to 'Share PDF' to email your symptom graphs to your dietitian to discuss at your next consultation.



13. Symptom Report

1 Week Food & Symptom Diary



and record your symptoms in the diary.

What is the 1 Week Food & Symptom Diary?

The 1 Week Food & Symptom Diary is designed to help you record your dietary intake and improvement in symptoms when you first commence the Monash University Low FODMAP diet. It details a 7-day period where you are encouraged to consume the Low FODMAP meals such as those suggested in the 'Recipe' section of this app.


During the 7-day period, you are asked to

-
-
-
-

[Start 1 Week Food & Symptom Di...](#)

[About](#) [Guide](#) [Recipes](#) [Shopping](#) [Diary](#)

Symptom Journal Report Cancel



FODMAP 1 Week Food & Symptom Diary

Post-Food & Symptom Journal report

What is this document?

This report was automatically generated by **The Low FODMAP Diet iPhone Application**. This document includes data gathered from a week-long period of the Low FODMAP diet after a brief survey was completed each day of the period. Details of the food eaten during this period, and the results of each daily survey are included below, as well as an representation of results in easily readable graphs.

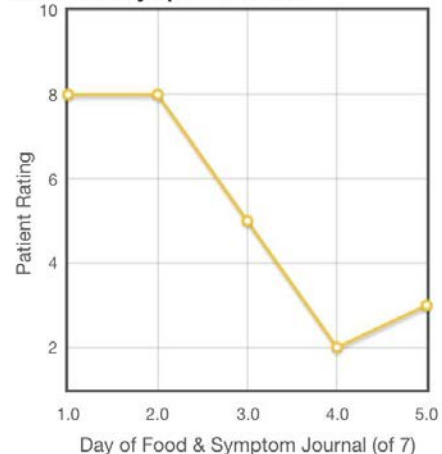
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Symptom Journal Report Cancel

1. Graphs

Where 1 is **Excellent/none at all** and 10 is **The worst it has been/really awful**.

Abdominal Symptoms Overall



Day of Food & Symptom Journal (of 7)	Patient Rating
1.0	8.0
2.0	8.0
3.0	5.0
4.0	2.0
5.0	3.0

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Download

You can purchase *the Monash University Low FODMAP Diet* app for iOS or Android.

<http://www.med.monash.edu/cecs/gastro/fodmap/iphone-app.html>

Contact

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Monash University Low FODMAP Certification Program

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