

LOWFODMAPDIET

About 3-5 out of 10 Danes experience problems with an irritated bowel from time to time. The condition is three times more common in Women than in men. The condition occur at all ages, but for most people it starts in early adulthood.

The diet "Low FODMAP diet" was developed in Australia by Professor Peter Gibson, Monash University, and dietician Susan Shepard, and helps 70 % of patients with irritable bowel, especially when suffering from distended stomach and flatulence.

FODMAP is an abbreviation and stands for:

- **Fermentable** - means carbydrates that are fermented/digested by bacteria in the large intestine
- **Oligosaccharides** - a group of carbohydrates with two to ten molecules (units)
- **Disaccharides** - subgroup of oligosaccharides consisting of two molecules (units)
- **Monosaccharides** - a single molecule (unit)
- **And**
- **Polyols** - alsot called sugar alcohols and often ends with -ol

The diet aims to reduce the amount of gassy foods that ca also contribute to watery stools. The following are examples of some of the foods that increase flatulence:

Vegetables like onion, leek, garlic, cauliflower, artichokes, dried legumes (chickpeas, brown and white beans) are contributing to flatulence, whereas cucumber, carrot, green beans, celeriac and potato do not.

Fruit like apricot, plum and nectarine, as well as avocado, pear and apple can all contribute to watery stools and increased flatulence. Pineapple, orange, banana and strawberries are fruits that do not contribute to increased flatulence.

Barley, wheat and rye can also contribute to flatulence. This is due to the content of fructans, passing unchanged down into the large intestine where they are broken down by bacteria in the large intestine. Instead you can eat buckwheat, spelt, quinoa, gluten-free bread, rice and moderate amounts of oats.

The building-up of gas can also happen if lactose is not broken down in the small intestine. Lactose is sugar found in milk, soured milk products, ice cream and cream. The products used in the diet are therefore lactose-free.

Sorbitol, xylitol and mannitol that are used instead of sugar in chewing gum and pastilles can also increase the build-up of gas in the intestine. Sorbitol are found naturally in fruits like apple and pear.

If you would like to know more about the Low FODMAP diet, five Danish dieticians have released a cookbook in Danish, "Irritabel tarm – Low FODMAP diet – giver ro i maven", published by the publishing house Muusmann, www.muusmann-forlag.dk.

To help you shop for the diet you can download an app (in Danish), released by Muusmann publishing house.



Get to know more about the Low FODMAP diet as well as delicious recipes.

FACTS ABOUT FIBERHUSK®

FiberHUSK® is a water soluble fibre product consisting solely of pulverized Psyllium Husks. FiberHUSK® is an all-natural product and contains 85% dietary fibres.

Bread with larger dietary fibre content is more filling and helps to a slower rise in blood sugar levels. Also, dietary fibres furthers the digestion by keeping the intestinal content soft and pliable.

By adding FiberHUSK® to your bread you achieve higher fibre content and better consistency. Furthermore the bread stays moist and thereby fresh for longer. You can use FiberHUSK® in both bread and cakes.

The recipes in this leaflet are produced by clinical dietician Mette Borre (www.diaetist-metteborre.dk), co-author of the Danish cookbook about the FODMAP diet "Irritable bowel - Low FODMAP diet – calms your stomach".

FiberHUSK® is available at the pharmacy, in health shops, Matas, and some convenience stores.

At www.fiberhusk.dk you can find more delicious recipes



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FRESH SMOOTHIE

- with pineapple and ginger (2 servings)

A fresh and delicious smoothie with a different taste because of the ginger. FiberHUSK® gives you higher fibre content and a nice delicious texture.

Ingredients

250 g mature fresh pineapple - can be replaced by frozen pineapple • 1 tbsp freshly grated ginger 300 ml lactose-free milk • 2 tbsp maple syrup or sugar, like cane sugar • 1 tsp FiberHUSK® (3 g) ice cubes (optional)

How to do it

- Peel and grate ginger coarsely
- Peel and slice the pineapple in small cubes
- Mix ginger, fruit, FiberHUSK®, syrup and milk in a blender until it is smooth and homogeneous.
- Serve in a glass or a bowl.

SLOW RISE SPELT BUNS

- with FiberHUSK® and linseed (10-12 pcs)

A good everyday bun, easy to make. Due to the cold rise and FiberHUSK® the buns have a good texture and taste. FiberHUSK® also gives you higher fibre content, along with linseed and wholemeal spelt flour.

Ingredients

15 g fresh yeast • 250 ml lactose-free milk • 250 ml water • 20 g FiberHUSK® • 1-2 tbsp maple syrup or sugar, like cane sugar • 2 tsp salt • 1 tbsp oil • 200 g spelt flour • 300 g wholemeal spelt flour • 75 g linseed

How to do it

- Dissolve yeast and FiberHUSK® in water and leave to thicken.
- Add milk.
- Add linseed, oil, syrup and salt.
- Stir in the flour, a little at a time.
- Cover the dough and leave it in the refrigerator till next day.
- Shape the dough into buns and place them on a baking sheet with baking paper.
- Leave to rise for 30 minutes.
- Brush the buns with lactose-free milk.
- Bake in a preheated oven at 200°C for 12-15 minutes.

SLOW RISE BUNS

- with oat flour and grated carrots (10-12 pcs)

Delicious buns with a different taste due to the rice flour and oat flour. The fibre content is high due to the wholemeal flour, grated carrots and FiberHUSK®.

Ingredients

15 g fresh yeast • 20 g FiberHUSK® • 250 ml lactose-free milk • 250 ml water • 3 tbsp maple syrup or sugar, like cane sugar • 300 ml grated carrot / 135 g carrot 2 tbsp oil • 2.5 tsp salt • 100 g oat flour • 400 g wholemeal rice flour • 100 g linseed

How to do it

- Dissolve yeast and FiberHUSK® in water and leave to thicken.
- Add milk, oil, syrup and salt.
- Add linseed and grated carrots.
- Stir in the flour, a little at a time.
- Cover the dough and leave it in the refrigerator till next day.
- Shape the dough into buns and place them on a baking sheet with baking paper.
- Leave to rise for 30 minutes.
- Brush the buns with lactose-free milk.
- Bake in a preheated oven at 200°C for 15 minutes.

FACTS ABOUT SLOW RISE

When using slow rise for dough, a smaller amount of yeast and lower temperature is used than with ordinary dough rising a room temperature.

A lower temperature lowers the activity levels in the dough and it rises more slowly.

This leaves the dough plenty of time to develop a deep and aromatic flavour. Leave the dough to rise overnight in the fridge. Next day shape into buns or loafs, leave to rise and bake in the oven.

NUTRITIONAL CONTENT PER 100 GRAM

SPELT BUNS

Energy 1085 kJ/258 kcal • Protein 8.4 g • Fat 5.4 g
Carbohydrates 43 g • Dietary fibres 7.6 g

SMOOTHIE

Energy 800 kJ/190 kcal • Protein 6 g • Fat 2.5 g
Carbohydrates 39 g • Dietary fibres 2.5 g

SLOW RISE BUNS

Energy 1070 kJ/255 kcal • Protein 7 g • Fat 6.2 g
Carbohydrates 43 g • Dietary fibres 6.2 g

If you would like a more acidic taste, you can replace some of the milk with plain lactose-free yoghurt.

You can eat the buns plain or use them for sandwiches.

The buns are suitable for freezing.