

# Helpful Resources and Links and Research Papers, Studies and Donations

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## food intolerance management plan

Our book and this website cannot possibly cover all topics of relevance to food intolerances and how to beat them. You might also like other resources that can help in successfully implementing the Low FODMAP diet. In the following pages, we have identified resources and links that we believe are of reasonable quality and accuracy to help in the search for more information or more education. The list is not exhaustive but may be a good start.

## Resources specifically for the low FODMAP diet

### Books

#### Shopping Guide

The low FODMAP diet may seem difficult at first. Choosing suitable food products whilst shopping can be a time-consuming task!

- *'The low FODMAP Shopping Guide'* by Sue Shepherd: You will find this guide helpful as it is an extensive list of low FODMAP foods available in retail outlets. Available from [www.shepherdworks.com.au](http://www.shepherdworks.com.au)

#### Cookbooks

Once you have successfully shopped and filled the trolley with suitable low FODMAP foods, you may now be wondering how to prepare a dinner everyone will enjoy?! The recipes in this book are all designed specifically for this purpose. However, there are other cookbooks that will supplement these to provide an even wider variety of choice. Sue Shepherd has produced a range of low FODMAP cookbooks, containing main meal suggestions, and also recipes for soups, starters, light meals, baked goods and desserts. These are all available at [www.shepherdworks.com.au](http://www.shepherdworks.com.au).

- *The Gluten Free Kitchen*. gluten-free, low FODMAP cookbook, Penguin Books (September 2009) ISBN 978-0-670-07310-8
- *Gluten Free Cooking* gluten-free, low FODMAP cookbook, Penguin Books (September 2007) – winner of Gourmand Cookbook (Cordon Bleu) Award: Best Health and Nutrition Cookbook in Australia, 2007 ISBN 978-0-670-07113-5
- *Two Irresistible for the Irritable* gluten free, low FODMAP cookbook, Shepherd Works Pty Ltd (May 2006) ISBN 0-9751957-2-7
- *Irresistibles for the Irritable* – gluten free, low FODMAP cookbook, Shepherd Works Pty Ltd (April 2004) ISBN 0-9751957-0-0

### Guide for Dietitians

- *The Low FODMAP Diet*. This guide was written to support educational workshops run for dietitians, where they are taught how to teach the low FODMAP diet. Available from [www.med.monash.edu.au/ehcs](http://www.med.monash.edu.au/ehcs)

### Publications in the medical literature

#### Reviews

- Gibson PR, Shepherd SJ. Food for thought: Western lifestyle and susceptibility to Crohn's disease: the FODMAP hypothesis. *Aliment Pharmacol Ther* 2005; 21: 1399-1409.
- Gibson PR, Newnham E, Barrett JS, Shepherd SJ, Muir JG. Fructose malabsorption and the bigger picture. *Aliment Pharmacol Ther* 2007; 25:349-63.
- Barrett JS, Gibson PR. Clinical ramifications of malabsorption of fructose and other short-chain carbohydrates. *Pract Gastroenterol* 2007;31:51-65.
- Barrett JS, Shepherd SJ, Gibson PR. Strategies to manage gastrointestinal symptoms complicating enteral feeding. *J Parent Enter Nutr* 2009;33:21-6.
- Gibson PR, Shepherd SJ. Evidence-based dietary management of functional gastrointestinal disorders. The FODMAP approach. *J Gastroenterol Hepatol* 2010; 25: 252–258
- Halmos E, Muir JG, Shepherd SJ, Gibson PR. Functional Bowel Disorders and FODMAPs. *Medicine Today* 2011;12:29-38.

- Gibson PR. Food intolerance in functional bowel disorders. J Gastroenterol Hepatol 2011;26 Suppl 3:128-31.
- Hezer WD, Southern S, McGovern S, The role of diet in symptoms of irritable bowel syndrome in adults: a narrative review J Am Diet Assoc 2009; 109: 1204-1214
- Rangnekar AS, Chey WD. The FODMAP diet for irritable bowel syndrome: food fad or roadmap to a new treatment paradigm? Gastroenterology 2009; 137: 383-386.

### *Original scientific studies*

#### *On the effect of the Low FODMAP diet on gut symptoms*

- Shepherd SJ, Gibson PR. Fructose malabsorption and symptoms of irritable bowel syndrome: guidelines for effective dietary management. J Americ Diet Ass 2006; 106: 1631-9.
- Geary RB, Ajlouni Y, Nandurkar S, Iser JH, Gibson PR. 5-aminosalicylic acid use in Crohn's disease – a survey of the opinions and practices of Australian Gastroenterologists. Inflamm Bowel Dis 2007;13:1009-15.
- Croagh C, Shepherd SJ, Berryman M, Muir JG, Gibson PR. A pilot study on the effect of reducing dietary FODMAP intake on bowel function in patients without a colon. Inflamm Bowel Dis 2007;13:1522-8.
- Shepherd SJ, Parker SC, Muir JG, Gibson PR. Randomised, placebo-controlled evidence of dietary triggers for abdominal symptoms in patients with irritable bowel syndrome. Clin Gastroenterol Hepatol; 2008; 6:765-71.
- Geary RB, Irving PM, Barrett JS, Nathan D, Shepherd SJ, Gibson PR. Reduction of dietary FODMAPs improves abdominal symptoms in patients with inflammatory bowel disease. J Crohns Colitis 2009;3:8-14.

#### *On the FODMAP content of food*

- Muir JG, Shepherd SJ, Rosella O, Rose R, Barrett JS, Gibson PR. Fructan and free fructose content of common Australian vegetables and fruit. J Agric Food Chem 2007;55:6619-27.
- Muir JG, Rose R, Rosella O, Liels K, Shepherd SJ, Barrett JS, Gibson PR. Measurement of short-chain carbohydrates(FODMAPs) in common Australian vegetables and fruit by high performance liquid chromatography (HPLC) with

evaporative light-scattering detection (ELSD). J Agric Food Chem. 2009, 57, 554-565.

- Biesiekierski JR, Rosella O, Rose R, Liels K, Barrett JS, Shepherd SJ, Gibson PR, Muir JG. Quantification of fructans, galacto-oligosaccharides and other short-chain carbohydrates in processed grains and cereals. J Hum Nutr Diet Jan 11. [Epub ahead of print].

### *On the mechanism by which FODMAPs trigger symptoms*

- Barrett JS, Geary RB, Muir JG, Irving PM, Rose R, Rosella O, Haines ML, Shepherd SJ, Gibson PR. Dietary poorly absorbed, short-chain carbohydrates increase delivery of water and fermentable substrates to the proximal colon. Aliment Pharmacol Ther 2010;31:874-82
- Ong DK, Mitchell SB, Barrett JS, Shepherd SJ, Irving PI, Biesiekierski JR, Smith S, Gibson PR, Muir JG. Manipulation of dietary short-chain carbohydrates alters the pattern of gas production and genesis of symptoms in irritable bowel syndrome. J Gastroenterol Hepatol 2010;25:1366-73.

## Websites

- [www.shepherdworks.com.au](http://www.shepherdworks.com.au)

## Newsletters

- *Irresistible News* is an e-newsletter produced by Dr Sue Shepherd, providing you with information about gluten free, wheat free, low FODMAP diets, coeliac disease, irritable bowel syndrome and fructose malabsorption. It highlights a range of great gluten free/wheat free events, delicious recipes, invitations to take part in research, website, food and restaurant reviews and more. Subscribe at [www.shepherdworks.com.au](http://www.shepherdworks.com.au)

## Self-help support groups

- Such have formed. They are run by volunteers with IBS who need the low FODMAP diet and who have a passion for good food. Their aim is to help others discover new and exciting food ideas, shops and restaurants that cater for fructose malabsorption.

If this interests you, contact support group leaders via the website:  
[www.shepherdworks.com.au](http://www.shepherdworks.com.au)

### *Dietitians with expertise in the low FODMAP diet*

- It is recommended that you consult with your local Gastroenterologist or General Practitioner. If they cannot help, consult the website of the Dietitians Association of Australia [www.daa.asn.au](http://www.daa.asn.au)
- Sue Shepherd's dietetic practice "Shepherd Works", employs 15 dietitians who are all trained by Sue and have specialist expertise in teaching and managing patients requiring the Low FODMAP diet. Shepherd Works has offices in Victoria and South Australia, and for country, interstate, international or for people unable to travel to these offices, a telephone consultation service is available  
[www.shepherdworks.com.au](http://www.shepherdworks.com.au)

# Resources regarding breath hydrogen testing

## Publications in the medical literature

- Gasbarrini A, Corazza GR, Gasbarrini G, et al (1st Rome Hydrogen Breath Testing Consensus Conference Working Group). Methodology and indications of H<sub>2</sub>-breath testing in gastrointestinal diseases: the Rome Consensus Conference. *Aliment Pharmacol Ther* 2009; 29 Suppl 1: 1-49.
- Gibson PR, Newnham E, Barrett JS, Shepherd SJ, Muir JG. Fructose malabsorption and the bigger picture. *Aliment Pharmacol Ther* 2007; 25: 349-63.
- Bate JP, Irving PM, Barrett JS, Gibson PR. Benefits of breath hydrogen testing following lactulose administration in analyzing carbohydrate malabsorption. *Eur J Gastroenterol Hepatol* 2010;22:318-26
- Barrett JS, Irving PM, Shepherd SJ, Muir JG, Gibson PR. Comparison of the prevalence of fructose and lactose malabsorption across chronic intestinal disorders. *Aliment Pharmacol Therap* 2009; 30:165-174.

## Testing centres

- There are testing centres across Australia. The best way of finding the one closest to you is to consult with your doctor or dietitian. They should be able to guide you.

## Web-sites

- There are many websites with information about breath testing. The quality is variable and many are out-of-date. They provide interesting historical perspectives! One site that might be useful is that from the main company that manufactures the machines than measure breath hydrogen and methane. <http://quintron-usa.com/>

# General Information and Resources

## Nutritional information

- **Professional organisations:**
  - **The Dietitians Association of Australia** (DAA) is the body that defines the standards for dietitian professional practice in Australia. [www.daa.asn.au](http://www.daa.asn.au) 02 6163 5200
  - **Nutrition Australia:** a non-government, non-profit, community based-organisation with offices throughout Australia that aims to promote the health and well-being of all Australians. [www.nutritionaustralia.org](http://www.nutritionaustralia.org)
- **Food labelling:** Food Standards Australia and New Zealand (FSANZ) is the government department that manages the Food Standards Code – the food law for Australia and New Zealand. It includes information on food labelling. [www.foodstandards.gov.au](http://www.foodstandards.gov.au)
- **Nutritional value of Australian foods:** The Australian Government has a food reference database called NUTTAB 2010. It is available in electronic format or in a printed (PDF) publication. The complete NUTTAB 2010 database contains approximately 2668 foods available in Australia and up to 245 nutrients per food. <http://www.foodstandards.gov.au/consumerinformation/nuttab2010/>
- **Food companies.** These will help you source some wheat-free options and keep you up-to-date with what is on offer. Some include the following:
  - [www.sunnybrookonline.com.au](http://www.sunnybrookonline.com.au)
  - [www.alivitsallaboutglutenfree.com/](http://www.alivitsallaboutglutenfree.com/)
  - [www.healthyfoodforlife.com.au](http://www.healthyfoodforlife.com.au)
  - [www.wheatfreeworld.com.au](http://www.wheatfreeworld.com.au)

## Psychological therapies

- **Hypnotherapy:** The Australian Hypnotherapy Association is one of a few different professional organisations involved with hypnotherapy, but AHA has a specific interest in IBS. Members have reached a very high standard of training and experience. [www.ahahypnotherapy.org.au](http://www.ahahypnotherapy.org.au)
- **Psychology:** The Australian Psychological Association [www.psychology.org.au](http://www.psychology.org.au)

## Information about irritable bowel syndrome

- **Professional bodies:**
  - Gastroenterological Society of Australia [www.gesa.org.au](http://www.gesa.org.au)
  - Digestive Health Foundation [www.gesa.org.au/consumerinfo.cfm](http://www.gesa.org.au/consumerinfo.cfm)
  - Gastroenterological Nurses College of Australia [www.genca.org](http://www.genca.org)
  - New Zealand Society of Gastroenterology [www.nzsg.org.nz](http://www.nzsg.org.nz)
  - American Gastroenterological Association [www.gastro.org](http://www.gastro.org)
  - British Society of Gastroenterology [www.bsg.org.uk](http://www.bsg.org.uk)
- **Self-help/patient-led organisations**
  - Irritable Bowel Information and Support Association of Australia (IBIS) [www.ibis-australia.org](http://www.ibis-australia.org)
  - The Gut Trust the national charity for people with Irritable Bowel Syndrome in the United Kingdom. [www.theguttrust.org](http://www.theguttrust.org)

## General information about the gut and its disorders

- *'A comprehensive guide to the dietetic management of conditions of the gastrointestinal tract'* by Anderson A and Shepherd S (2003), Gastro Intestinal Nutrition Monash Medical Centre. *This publication was produced for the education of dietitians, but would be of interest.*
- *Gut Instincts* by Dr Andrew Brett and Andrea Carson. *This is a simply written book that is a good read and will guide you through many aspects of gut health and disorders.*



- *Web-sites:*

- Coeliac Society of Australia [www.coeliacsociety.com.au](http://www.coeliacsociety.com.au)
- Australian Crohn's and Colitis Association [www.crohnsandcolitis.com.au](http://www.crohnsandcolitis.com.au)
- Continence Foundation of Australia [www.continence.org.au](http://www.continence.org.au)
- Gastrostomy Information and Support Society [www.giss.org.au](http://www.giss.org.au)
- GastroNet [www.gastro.net.au](http://www.gastro.net.au)

## *Food allergy and hypersensitivity*

- Readers with concerns about food allergies are encouraged to obtain information from recognised authorities, including Allergy Centres at major hospitals and also the Australasian Society of Clinical Immunology and Allergy. [www.allergy.org.au](http://www.allergy.org.au)
- An informative article describing Food Intolerances we recommend you read: Zopf, Y; Baenkler, H; Silbermann, A; Hahn, E G; Raithel, M "The Differential Diagnosis of Food Intolerance" Dtsch Arztebl Int 2009; 106(21): 359-69. It is available from the website: <http://www.aerzteblatt.de/int/article.asp?id=64803>

## *Other topics of interest*

- *Glycaemia Index:* In order to gain more information on the index and on GI content of foods, you are referred to the following web-site: [www.glycemicindex.com](http://www.glycemicindex.com)
- *Information of body mass index:* WHO Expert Consultation. Appropriate body-mass index for Asian populations and its implications for policy and intervention strategies. Lancet 2004;363:157-163. *This article outlines the issues regarding the BMI and values that are associated with ill health. It is very interesting reading for those interested in the effects of obesity have on health.*
- *Dietary fibre:* James S L, Muir J G, Curtis S L and Gibson P R (2003), 'Dietary Fibre: a roughage guide' Clinical Perspectives Internal Medicine Journal Vol. 33 pp.291-296. *This article outlines many aspects of dietary fibre as it applies to health and illness.*
- *Dietary fibre:* James S L, Muir J G, Curtis S L and Gibson P R (2003), 'Dietary Fibre: a roughage guide' Clinical Perspectives Internal Medicine Journal Vol. 33

pp.291-296. *This article outlines many aspects of dietary fibre as it applies to health and illness.*

- *On the effect of gluten on gut symptoms in those who do not have coeliac disease:* Biesiekierski JR, Newnham ED, Irving PM, Barrett JS, Haines M, Doecke JD, Shepherd SJ, Muir JG, Gibson PR. Gluten causes gastrointestinal symptoms in subjects without celiac disease: a double-blind randomized placebo-controlled trial. *Am J Gastroenterol* 2011; 106: 508-14. *This article is the first to show that gluten can cause gut symptoms in those without coeliac disease. See accompanying editorial to put this in perspective:* Verdu EF. Editorial: Can gluten contribute to irritable bowel syndrome? *Am J Gastroenterol* 2011; 106: 516-8.

These articles ad

## *Opportunities to Participate In or Donate to Research*

As this is a new and growing area of research, many readers may be interested in finding out whether they can participate in or donate to any of the scientific research currently going on in the areas of food intolerance and FODMAPs. We refer you to the following website:

[www.med.monash.edu.au/ehcs](http://www.med.monash.edu.au/ehcs)