

The **FODMAP FRIENDLY**

Food Program

The globally registered Certification Trademark
certifying low FODMAP packaged foods











Eat with Confidence!

WHAT ARE FODMAPS?

FODMAPs can be found in a variety of foods. They can often trigger symptoms of IBS that include bloating, wind, abdominal pain and diarrhoea and/or constipation. Not only do FODMAPs trigger symptoms in people who suffer from IBS, FODMAPs can also affect sufferers of Coeliac Disease and Inflammatory Bowel Diseases such as Crohn's Disease.

Food companies can assist consumers by producing products low in FODMAPs that support the needs of those with IBS-type symptoms.

FODMAP is an acronym that stands for:

	DESCRIPTION	DETAILS	FOOD EXAMPLES
F	Fermentable		
O	Oligosaccharides	Fructans and Galacto-oligosaccharides 	Wheat, rye, barley, onions, garlic, legumes 
D	Disaccharides	Lactose 	Milk, yoghurt, ice-cream 
M	Monosaccharides	Fructose (in excess of glucose) 	Honey, watermelon, apples, pears, high fructose corn syrup 
A	And		
P	Polyols	eg. Sorbitol, Mannitol, Maltitol, Xylitol 	Apples, apricots, cauliflower, chewing gum, breath mints 

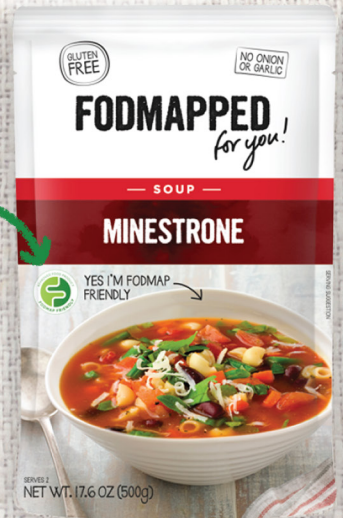
DID YOU KNOW:

People requiring a low FODMAP diet are 15 times more common than individuals requiring a gluten free diet.

THE FODMAP FRIENDLY LOGO

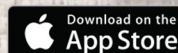
- Is a Government Registered Certification Trademark.
- Each food product is independently analysed, adhering to research and evidence based guidelines.
- Helps eliminate the time-consuming task of reading product labels to ensure that every food choice is suitable for consumers.

Look for the 'FODMAP Friendly' logo to identify suitable foods



THE FODMAP FRIENDLY APP

- Contains a database of all FODMAP Friendly certified manufacturers and products
- Displays FODMAP levels for hundreds of foods.
- Lists FODMAP dietary specialists around the world.
- Available on the iTunes and Android Stores worldwide!



FODMAP FRIENDLY CERTIFICATION HOW TO APPLY?

DID YOU KNOW:

Did you know IBS is the 2nd largest cause of absenteeism from work and school!

1. FREE ASSESSMENT

2. SUBMIT APPLICATION

3. LABORATORY TESTING

4. USE THE LOGO!

Get In Touch

Visit www.fodmapfriendly.com for a FREE INGREDIENT ASSESSMENT



SOME OF OUR FODMAP FRIENDLY PARTNERS



... & MORE!

THE FODMAP CERTIFICATION

WHAT, WHY & WHERE

An estimated 1 in 7 people suffer from IBS! The low FODMAP diet is recognized around the world as the most effective diet to treat IBS.

Co-founded by world leading expert, Advanced Accredited Practicing Dietitian Dr Sue Shepherd, the 'FODMAP Friendly' Certification gives people with IBS and other individuals needing to follow a low FODMAP diet, the ability to easily identify and select suitable foods they can buy and eat with confidence.

The FODMAP Friendly labelling on packaged foods will make them stand out to those millions of people in need of a low FODMAP diet.

See a sample of our range of FODMAP Friendly Certified products below.



DID YOU KNOW:

The low FODMAP diet is recognised around the world as the most effective treatment for IBS-type symptoms.

FIND OUT MORE

Discover the ever-growing list of products using the FODMAP Friendly logo.



fodmapfriendly.com



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