

Contact Details

Bolton Eating Disorder Service

☎ 01204 462 785

Chester Eating Disorder Service

☎ 01244 397 755

Macclesfield Eating Disorder Service

☎ 01625 505 621

Trafford Eating Disorder Service

☎ 01925 248 475

Warrington and Halton Eating Disorder Service

☎ 01925 248 475

Wirral Eating Disorder Service

☎ 0151 488 7342

This leaflet should be provided at an appointment with an Eating Disorders Dietitian or Practitioner and not replace a face to face discussion

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় প্রকরণ হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ ફંટની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુવી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूवी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The Patient Experience Team**, Trust Board Offices, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwps.nhs.uk

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Cheshire and Wirral Partnership NHS Foundation Trust

Low FODMAP diet and Eating Disorders

Eating Disorders Service

Care • Well-being • Partnership

Introduction

Below is a brief explanation of the low FODMAP diet in relation to Eating Disorders.

What is a low FODMAP diet?

FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. These are types of carbohydrates that are not easily broken down and absorbed by the gut. As such they can ferment, release gases and cause bloating. A low FODMAP diet involves restricting the intake of foods that are high in FODMAPs.

When is a low FODMAP diet indicated?

A low FODMAP diet may be considered as a dietary approach in the management of Irritable Bowel Syndrome (IBS). Research suggests that it is an effective form of treatment for improving the gastrointestinal symptoms of IBS (bloating, wind, abdominal pain and altered bowel habits) in about 70% of people who try it.

Is a low FODMAP diet suitable whilst recovering from an Eating Disorder?

Gastrointestinal symptoms are commonly reported by individuals diagnosed with an eating disorder and can worsen during the initial stages of treatment and recovery. However these symptoms generally improve/resolve once normal eating* and digestion is re-established.

A low FODMAP diet may be indicated if IBS type symptoms persist when normal eating is in a maintenance stage. However reducing high FODMAP foods can be complex, time consuming and promote a diet that is overly restrictive, not well balanced and does not meet nutritional needs. It is therefore recommended that a low FODMAP diet is not undertaken without professional support from a Dietitian.

If you have been following a low FODMAP diet whilst struggling with an eating disorder, it may be appropriate to reintroduce high FODMAP foods to reduce food restriction, promote a healthy varied diet and aid the overall

recovery process. A Dietitian can help support you with this process and to consider alternative management options.

*For further information on “normal eating” please see additional handouts
- Normal Eating
- Re-establishing Normal Eating

Further information on IBS, FODMAPs and Eating Disorders:
<http://www.nhs.uk/Conditions/Irritable-bowel-syndrome/Pages/Treatment.aspx>
<http://www.kcl.ac.uk/lsm/research/divisions/dns/projects/fodmaps/faq.aspx>
<https://www.b-eat.co.uk>