

Does a low FODMAP Diet Benefit Someone with Celiac Disease?



While many patients with celiac disease will experience symptom improvements while following a strict gluten-free diet, a portion will continue to experience gastrointestinal symptoms. This can be likely be attributed to the fact that Celiac disease and IBS (irritable bowel syndrome) share a wide range of symptoms, including abdominal discomfort and bloating.

Did you know?

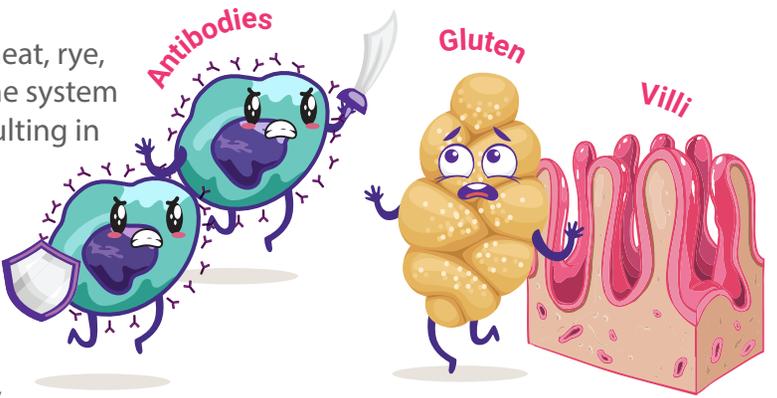
Studies have shown that a low **FODMAP diet can be beneficial to patients with celiac disease** who continue to experience IBS-like symptoms (Beyond Celiac, 2018; Roncorino et al., 2018). Continuing symptoms may also be associated with factors unrelated to food, such as stress or emotions.

What is Celiac Disease?

Celiac disease is an autoimmune disorder in which the immune system perceives a dietary protein called gluten to be a foreign substance.

Even though it is a simple protein found in wheat, rye, and barley, it is seen as an invader. The immune system creates antibodies to fight off the invader, resulting in damage to the lining of the small intestine.

More specifically, these attacks damage the villi (small, finger-like projections that allow us to best absorb nutrients from food). This vicious cycle means that a person may not be getting what they need from the food they eat, alongside severe discomfort (Beyond Celiac, 2018).

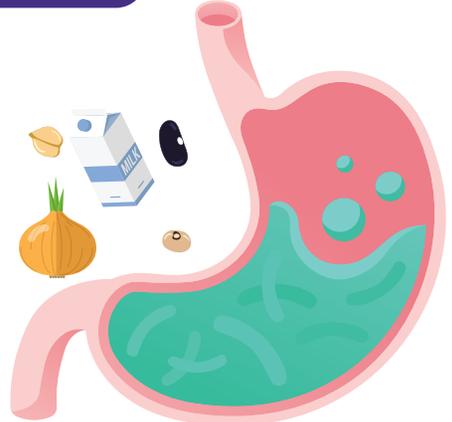


**FERMENTABLE
OLIGOSACCHARIDES
DISACCHARIDES
MONOSACCHARIDES
AND
POLYOLS**



What are FODMAPs?

FODMAPs are high in fermentable carbohydrates. Wheat and rye both have gluten but are included in the list of high FODMAP foods because they contain a FODMAP called fructan. It is important to remember that foods without gluten are also on the list, like legumes, onions, and dairy products.



Does a low FODMAP Diet Benefit Someone with Celiac Disease?



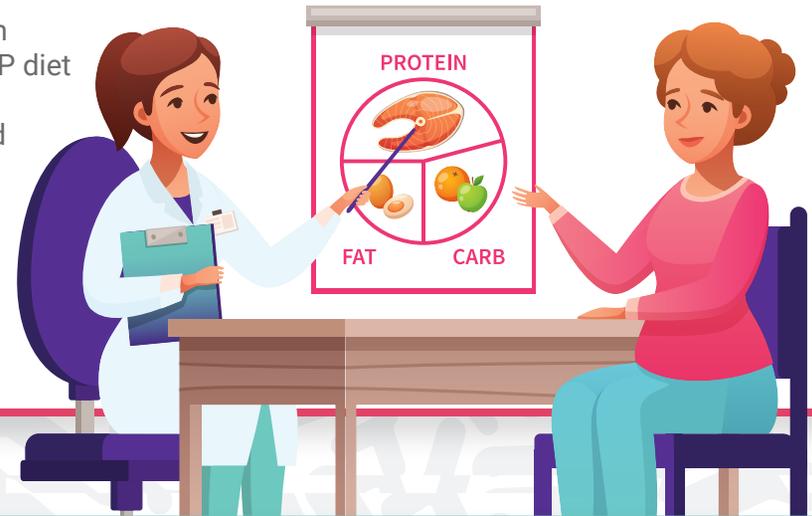
70% of IBS sufferers

who adopted a low FODMAP diet experienced significant improvement of symptoms (Celiac Disease Foundation, 2017).

What is the relationship between Celiac disease and FODMAPS?

Since many people with celiac disease will still experience IBS-like symptoms due to the overlap between the two conditions, the benefits from following a low FODMAP diet can greatly improve the quality of life for someone with celiac (though some symptoms may still remain as a result of factors unrelated to food).

When adhered to as a short-term elimination diet, the low FODMAP diet can reduce negative digestive symptoms like bloating, gas, and stomach pain in individuals with celiac disease, in addition to helping with regular digestion and bowel movements.



It is important to note that the low FODMAP diet is to be used as a short-term elimination diet alongside the help of a registered dietitian.

A registered dietitian can help determine if the timing is right for attempting a low FODMAP diet, as it may not be ideal for newly diagnosed patients with Celiac working towards a gluten-free diet. It is especially important that each patient works alongside a dietitian in order to ensure that an individualized strategy is attained, and nutrient deficiencies are avoided.

Citations

Beyond Celiac. (2015, October 28). What are FODMAPs and what's the connection to Celiac Disease and gluten sensitivity? <https://www.beyondceliac.org/ceciac-news/what-are-fodmaps-and-whats-the-connection-to-celiac-disease-and-gluten-sensitivity/>

Canadian Digestive Health Foundation (n.d.). Understanding FODMAPS. <https://cdhf.ca/health-lifestyle/understanding-fodmaps/>

Canadian Digestive Health Foundation (n.d.). What is Celiac Disease? <https://cdhf.ca/digestive-disorders/ceciac-disease/overview/>

Celiac Disease Foundation. (2017, October 30). Is a low-FODMAP diet the next big thing? <https://celiac.org/about-the-foundation/featured-news/2017/10/low-fodmap-diet-next-big-thing/>

Roncoroni, L., Elli, L., Doneda, L., Bascuñán, K. A., Vecchi, M., Morreale, F., Scricciolo, A., Lombardo, V., & Pellegrini, N. (2018). A Retrospective Study on Dietary FODMAP Intake in Celiac Patients Following a Gluten-Free Diet. *Nutrients*, 10(11), 1769. <https://www.doi.org/10.3390/nu10111769>

Schär Gluten-Free. (n.d.). Schär favourites officially certified as Low FODMAP. <https://www.schaer.com/en-ca/a/schaer-fodmap-certified>

