



The Low FODMAP Diet for Children

A low FODMAP diet is designed to reduce the intake of certain types of carbohydrates that are poorly absorbed in the small intestine and can cause digestive symptoms such as

bloating, gas & abdominal pain.¹



A 2023 Monash study explored the low FODMAP diet in children. Here's a summary of their findings:²

- Research on the low FODMAP diet in children is still emerging.
- Existing studies are limited and provide mixed results, complicating the interpretation of its real-world effectiveness.
- While some show promising reductions in symptoms, children's varied developmental and nutritional needs must be considered before recommending this diet.

If you suspect your child may have **IBS**, you should seek advice from your **healthcare provider** to receive a proper diagnosis prior to starting the low FODMAP diet.



Considerations for Children:

Nutritional Balance



Children have different nutritional needs than adults, and it's crucial to ensure that they get adequate nutrients for growth and development.

Growth & Development



Monitoring a child's growth and development is essential while on a low FODMAP diet. Any significant changes in weight, height, or overall health should be closely observed.

Food Variety



Ensuring a varied diet is important to prevent nutritional deficiencies. The restrictive nature of a low FODMAP diet can make this challenging, so professional guidance is critical.

Symptoms Monitoring



The diet should be used to address specific symptoms. Keeping a food and symptom diary can help identify which FODMAPs are causing problems.

Suitable Low FODMAP Foods for Children:



- **Proteins:** Meat, fish, eggs (*without added high FODMAP ingredients*)
- **Vegetables:** Carrots, spinach, zucchini, green beans
- **Fruits:** Strawberries, blueberries, oranges
- **Grains:** Rice, oats, gluten-free bread
- **Dairy Alternatives:** Lactose-free milk, soy milk made from soy protein extract (*not whole soybeans*)
- **Snacks:** Popcorn, rice cakes, certain low FODMAP crackers



Remember, certain foods may be considered low, medium, or high in FODMAPs depending on serving size. With the guidance of a registered dietitian, use the Monash University FODMAP app to help you determine low FODMAP serving sizes for your child.

References:

- 1- <https://cdhf.ca/en/understanding-the-fodmap-diet/>
- 2- <https://www.monashfodmap.com/blog/the-low-fodmap-diet-in-children-are-we-there-yet/>

This information was made possible due to an unrestricted educational grant from:

