



QUICK NUTRITION

THE BEGINNER'S GUIDE TO BETTER DIGESTION:

BEATING THE

bloat

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Feeling sluggish and bloated isn't anyone's idea of fun. If just eating a stalk of celery causes your tummy to stick out, you may not have to give up wearing your favorite skinny jeans.

The villains may be FODMAPs, a category of short-chain carbohydrates that your body may have trouble digesting. Just as people who are intolerant to lactose or gluten avoid foods containing those ingredients, if you're sensitive to FODMAPs, a low-FODMAP diet may help relieve your symptoms.

Many more foods are appearing on supermarket shelves labeled "Low FODMAP." There's also an app created by the FODMAP experts at Monash University to help you identify low-FODMAP foods and ingredients.

WHAT'S A FODMAP?

The acronym FODMAP stands for fermentable, oligosaccharides, disaccharides, monosaccharides and polyols. FODMAP is much easier to remember! And if your body has trouble digesting FODMAPs in the upper part of your gut, the bacteria in your large intestine find them irresistible.

FODMAP fermentation causes the intestines to draw in water. It also creates hydrogen, carbon dioxide, and methane gases, all of which can cause your intestines to expand. The result

may be visible tummy expansion, bloating, and other uncomfortable symptoms.

Progressive healthcare professionals use low-FODMAP diets to address symptoms of irritable bowel syndrome (IBS), which is a condition of the intestines characterized by abdominal pain, cramping, gas, bloating, and possibly constipation and/or diarrhea.

SURPRISING FOODS TO AVOID

Each individual possesses a unique microbiome—the trillions of bacteria that live inside your gut. Determining which FODMAPs trigger your symptoms may require some trial and error. For instance, while you may subscribe to the adage that an apple a day keeps the doctor away, apples are considered a high FODMAP food. You

may discover they contribute to your digestive issues.

Other high FODMAP foods include (but are not limited to):

- Avocados
- Beans
- Cauliflower
- Celery
- Chocolate
- Cow's milk
- Garlic
- Ice Cream
- Mushrooms
- Onions
- Pears
- Sweet corn
- Watermelon
- Wheat-based cereals/breads
- Wheat pasta

IS IT THAT SIMPLE?

Issues of the gut are often multi-factoral and include immune responses to food (ranging from intolerances to sensitivities, to true allergies), leaky gut syndrome (hyper-permeability), potentially pathogenic bacteria, and imbalanced probiotic cultures (often due to diet and antibiotic exposure).

For example, small intestinal bacterial overgrowth (SIBO) is a condition characterized by bacteria colonizing the small intestine. The misplaced fermentation of food particles and nutrients can exacerbate an individual's sensitivity to FODMAPs. Another example might be someone who has multiple food sensitivities made significantly worse due to a leaky gut. On that note, be sure to be tested and have leaky gut ruled out before testing for food sensitivities, otherwise your results may feature multiple false positives. In other words, the antibodies to those foods wouldn't have been positive had the gut not "leaked" them into general circulation in the first place.

A very helpful test to consider running is called a "zonulin" test. The protein zonulin controls the permeability of tight junctions between cells that line the wall of the digestive tract. We are all "permeable," otherwise

LEMON BLUEBERRY MUFFINS

MAKES 6 MUFFINS

- 1 cup gluten-free flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- A pinch of salt
- Zest of 1 lemon
- 1/2 tbsp coconut oil, melted
- 1 egg white, at room temperature
- 1 tsp vanilla extract
- 1/4 cup rice syrup (this can be replaced by maple syrup)
- 1/4 cup lactose-free Greek yogurt
- 2 tbsp lactose-free milk
- 2 tbsp lemon juice
- 1 cup of blueberries

Pre-heat the oven to 350 degrees Fahrenheit. Mix the gluten-free flour, baking powder, baking soda, salt and lemon zest together in a bowl. In a separate bowl whisk together the coconut oil, egg white and vanilla extract. Stir in the rice syrup and the quark/yoghurt until you get a smooth mixture. Finally, stir in the lemon juice. Stir the flour mixture into the liquid mixture until everything is just combined. Pour in the milk, while stirring. Fold in the blueberries.

Divide the batter over six muffin cups and bake them 20-25 minutes in the oven. The muffins are done when a toothpick comes out clean. Leave the muffins to cool in the tin for 10 minutes, take them out and leave them to cool down further. Muffins can be stored for 5 days in the fridge or longer when you freeze them.

desired macronutrients and micronutrients would not be absorbed. However, many individuals are hyperpermeable due to the zonulin “door” being too wide open. The three most powerful triggers that open the zonulin door are gluten (and other confirmed food sensitivities), imbalanced gut bacteria in the small intestine, and FODMAPs in sensitive individuals.

It’s best to work with a healthcare professional before embarking on a low-FODMAP diet, because you may cut out food groups that supply essential micronutrients and macronutrients. Ideally, you should have a clinically sound laboratory investigation. Besides zonulin testing, you may also want to consider measuring levels of good and bad bacteria via PCR analysis in order to determine the balance of what you have growing down there.

Another big problem caused by jumping straight into a low-FODMAP diet is that FODMAPS foods supply a lot of your dietary fiber. You need 25 to 30 grams of fiber a day. Most people are already fiber deficient and following a low-FODMAP diet can easily worsen that deficiency. A fiber supplement is a good solution, but be selective. Monash University, the world’s leading source of FODMAP research and information, advises that some fiber supplements may increase gas production in the gut—they also contain FODMAPs. (That’s not exactly good news when you’re trying to beat the bloat!) These fiber supplements typically contain inulin, wheat dextrin, and IMOs, all ingredients which should be avoided by those looking to reduce FODMAPS in their diet.

The right kind of fiber can convey numerous health benefits, including:

- Feeding the helpful bacteria in your gut
- Regulating your bowel habits
- Maintaining healthy blood-sugar and cholesterol levels
- Satiety and weight management

Soluble fiber found in products like Regular Girl nourish the beneficial

bacteria in your digestive system, helping to balance your gut microbiome.

A MENU OF LOW-FODMAP FOODS

Foods that are generally safe for those avoiding FODMAPs include (but are not limited to):

- Bananas
- Bell peppers (ripe)
- Carrots
- Cucumbers
- Grapes
- Green beans
- Gluten-free bread
- Gluten-free pasta
- Lactose-free dairy
- Oranges
- Pineapple
- Potatoes
- Radishes

Find a full list of low-FODMAP foods and ingredients at monash-fodmap.com. To explore the additional benefits of Low-FODMAP certified probiotics and prebiotics, visit RegularGirl.com.

The low-FODMAP eating approach is gaining momentum. It may be worth a try if you suspect that certain foods are playing havoc with your digestive system, and keeping you from feeling your best. Eliminating FODMAPs may help to slim your middle and flatten your belly. But remember to consider working with a professional who understands the value of running lab tests like zonulin.

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CHIVE, POTATO, AND CHEESE FRITTERS

- 3½ oz leftover baked, boiled or raw potatoes, such as King Edward or Maris Piper, grated
- ½ tsp caraway seeds
- 2 scallions, thinly sliced (green end only)
- 1 tbsp chopped chives
- 2 oz 50g parmesan cheese, finely grated
- 1 egg, beaten
- 3½ tbps cold water
- 1¼ oz gluten free self-raising flour
- sunflower oil , for deep frying

Put the potatoes in a bowl and season with salt, pepper and the caraway seeds. Mix in the chives and cheese. Pour in the egg and water, stir, then mix in the gluten free flour to make a thick batter. Pour one inch oil into a deep saucepan and heat to 180C/350F. To test if it’s hot enough, dribble some of the batter into the hot oil. It should sizzle and turn golden-brown after a minute or so.

Watch the pan. Carefully lower tablespoons of the batter into the hot oil and cook for one minute, then turn and cook the other side until golden and firm. Transfer to kitchen paper using a slotted spoon. Sprinkle with the scallions (green end only) and serve.



PAN FRIED ITALIAN STYLE MEATBALLS

1/2 lb ground beef
1/2 lb ground lamb
1/2 lb ground pork
1 large egg
2 tsp poultry seasoning blend of dried thyme, sage, marjoram, rosemary, black pepper, nutmeg
1 tsp dried oregano or 2 tbsp chopped fresh
1 tsp dried basil you can also use 2 tbsp chopped fresh if you have!
2 tsp freeze dried chives or 1 tbsp fresh chopped chives
1/2 tsp sea salt
ghee or other preferred cooking fat for frying
Low FODMAP Marinara Sauce

add sauce, you can cook the meatballs covered with the sauce until fully cooked) Serve right away and enjoy!

In a large bowl, combine the three types of meat with all the other ingredients, and using your hands, mix well until all ingredients are fully incorporated and ready to roll into balls.

Heat a large cast iron skillet over med hi heat. Add about 2 tbsp ghee or other cooking fat to the pan. Once the fat is heated (if it's smoking lower the heat) begin rolling the mixture into meatballs about 1.5 inches in diameter, and place each one in the pan. Continue until the mixture is used up. Once the bottoms are nicely browned after about 3 minutes or so, flip each meatball over to brown the other side. Cover the pan now, and continue to cook, covered, until the meatballs are just cooked through. (If planning to



SWEET & STICKY MARINATED CHICKEN WINGS

- 2-2 ½ pounds (10-12) chicken wings, tips removed
- 1 sachet (200g) FODMAPPED Sweet Chilli, Basil & Lemongrass Stir Fry Simmer Sauce
- 1 stick lemongrass, finely grated
- Juice & zest of 1 lime
- To Serve: Reserved FODMAPPED Sweet Chilli, Basil & Lemongrass Stir Fry Simmer Sauce
- 1 tbsp soy sauce, gluten free
- 1 tsp fish sauce
- Coriander leaves

Place the chicken wings into a large plastic zip lock bag. In a jug combine 150mL of the FODMAPPED Sweet Chilli, Basil & Lemongrass Stir Fry Simmer Sauce, grated lemongrass, lime zest and juice. Mix well and pour into the bag over the chicken wings. Seal and massage the chicken and marinade well.

Allow to marinate in the refrigerator, turning occasionally for up to 24 hours. Minimum of 1 hour. Remove the chicken wings from the marinade and arrange them on a baking tray lined with baking paper.

Roast the chicken wings in a preheated oven at 170C, basting occasionally, for 35-40 minutes until wings cooked and golden. In

a small bowl use the remaining FODMAPPED Sweet Chilli, Basil & Lemongrass Stir Fry Simmer Sauce to make a dipping sauce with the soy sauce and fish sauce. Serve chicken wings with coriander leaves and dipping sauce.

NOTES If you like it hot n spicy, add 2 long chilli, thinly sliced, to the marinade. *Recipe provided by FODMAPPED Foods www.fodmapped.com*



BBQ FISH KEBAB WRAPS

- 4 Pieces of Cod or Pollock (7-8 Ounce each) cubed
- 1 sachet (200g) FODMAPPED Butter Chicken Curry Simmer Sauce
- Zest & juice of 1 lemon
- 1/4 cup Greek yoghurt
- 4 bamboo skewers, soaked
- 4 gluten free wraps, warmed for serving
- 2 cups iceberg lettuce, shredded
- 2 tomatoes, diced
- 1 small cucumber, shaved thinly
- Mint leaves
- 1/2 cup Greek yoghurt

Place the cubed fish into a zip lock bag. Add the FODMAPPED Butter Chicken Curry Simmer Sauce, lemon zest and juice with the Greek yoghurt to the bag and shake to coat fish well. Refrigerate the bag of fish and allow to marinate for up to 1 hour. Thread marinated fish cubes onto the skewers. Spray skewers with a little olive oil.

Cook skewers on a preheated griddle pan for 4-5 minutes each side or until tender. Place each warm tortilla onto a serving plate or wooden board, top with iceberg

lettuce, tomato, cucumber and mint leaves. Cover salad with one fish skewer, drizzle with extra yoghurt and serve.

NOTES Fish maybe replaced with prawns or chicken for a delicious difference.

Recipe provided by FODMAPPED Foods www.fodmapped.com



SALTED CARAMEL BROWNIES

6 tbsp butter

¾ cup of sugar

2 ounces of dark chocolate

8 ounces of salted caramel chocolate

2 eggs, at room temperature

1 teaspoon vanilla extract

1 tbsp cacao powder

3 tbsp cornstarch

¼ teaspoon salt

Pre-heat the oven to 350 degrees Fahrenheit. Grease a square baking tin. Melt the butter in a pan and add the sugar. Stir together and add the chocolate and the salted caramel chocolate. Stir until you get a smooth mixture. Take the mixture off of the stove and mix it for two minutes with a hand mixer. Add the eggs one by one and the vanilla extract and mix everything together.

Finally add the cacao powder, cornstarch and salt and mix again for about 2 minutes until you get a smooth and shiny batter.

Pour the batter into the baking tin and bake the brownies for about 22-30 minutes in the oven. The salted caramel brownies are done when they have just set in the middle. You still want them to be soft and fudgy on the inside. Sprinkle a bit of sea salt on top before serving! [👉](#)