

infuse™

STEEP YOURSELF IN INSPIRATION, INNOVATION & DEBATE

FEATURE ARTICLES INSIDE:

written by Gut Health
Month ambassadors
Dr Joanna McMillan
and Nicole Dynan

.....
+ ***Bloating, burping
& farting- why am
I so full of gas?!***
.....

+ ***Irritable bowel
syndrome vs.
inflammatory
bowel disease:
What's the
difference?***
.....

+ ***How to eat for a
healthy gut
microbiome***
.....

+ ***Is it an allergy or
an intolerance?***

FEBRUARY 2022

 | dietitianconnection®

**GUT
HEALTH
MONTH**

Trouble on the loo?

Let's talk about poo.

The inner workings of your gut say a lot about your health and wellbeing.

A healthy eating pattern and individualised advice from a dietitian can get your gut on the right track.



Access free gut-friendly resources + recipes at
guthealthmonth.com

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Step *inside*

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infuse

STEEP YOURSELF IN INSPIRATION,
INNOVATION & DEBATE

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From the desk of Maree Ferguson

Founder & Director, Dietitian Connection

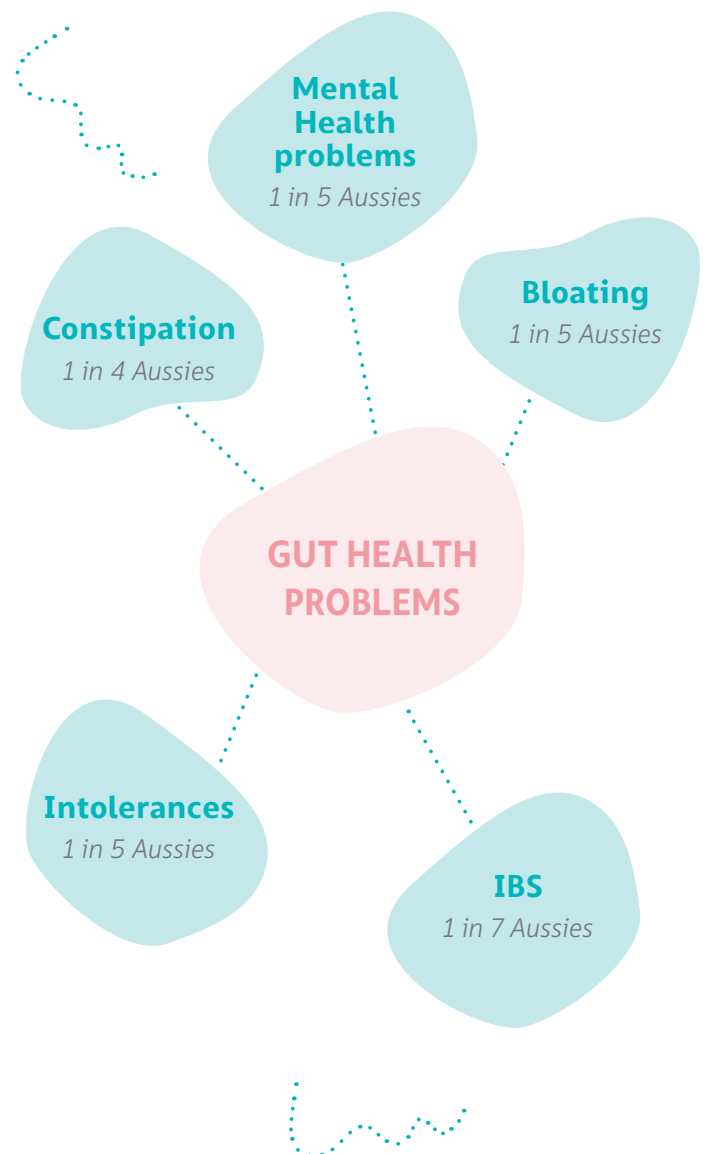


Welcome to this very special Gut Health Month edition of Infuse!

One in five Australians are affected by gut health problems like constipation, IBS and bloating, which can significantly impact quality of life. Food and nutrition are central to managing these gut health problems, so as the only qualified nutrition experts in the gut health space, dietitians play a key role in helping consumers feel better by changing what they eat.

Gut Health Month (GHM) is a national campaign raising awareness about the importance of good gut health. It is the first dedicated national campaign that empowers Australians to improve their gut health by providing them with trusted and practical information from dietitians. The DC team have been working tirelessly behind the scenes to develop a campaign that reaches similar heights of other national campaigns like RUOK? and Movember. GHM is our opportunity to:

- Raise the voice of dietitians and the role they play in empowering consumers to improve their gut health
- Create a unique, credible space with consumer-friendly information to help dietitians and other healthcare professionals, continue the conversation with their patients
- Empower consumers to take a proactive approach in improving their gut health
- Connect consumers with dietitians who can help them with their gut health.

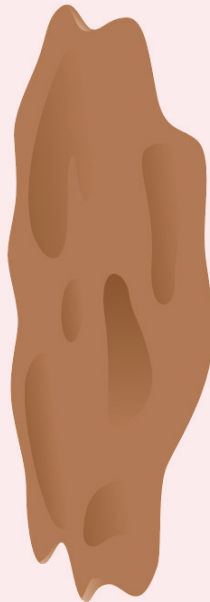




Constipation
Hard to pass pellets



Ideal
Soft, column-like.
Can be smooth or
ridged



Diarrhoea
Loose, runny

Trouble on the loo? Let's talk about poo.

The theme for this year's Gut Health Month campaign is: **Trouble on the loo? Let's talk about poo.** We would absolutely LOVE for you to share the campaign with your colleagues, workplaces and clients, and on social media using the hashtag **#guthealthmonth**. Please help us spread the word on the importance of gut health and how dietitians can assist. Learn more and find resources for you to share via our **[Gut Health Month toolkit](#)**.

From the bottom of my heart, thanks for all of your support. And last but not least, a very big thank you to all of our sponsors for making this possible.

Together, let's improve the gut health of all Australians!

Maree Ferguson



[DOWNLOAD HERE](#)

What's on during Gut Health Month

February, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Podcast series released  Practical strategies to beat constipation 	2 Infuse – gut health special edition  Is it lactose, or something else? 	3	4
7 Is it lactose, or something else? 	8	9 Why our guts love wholegrains! 	10	11
14 Whole grain fibre: your gut-loving friend 	15	16 Partially hydrolysed guar gum and gut health: the latest evidence 	17	18
21 Prebiotic fibre and gut health 	22 The latest on pre and probiotics in gut health 	23	24	25



Webinar



Podcast



Magazine



Patient Resource

Supporting resources

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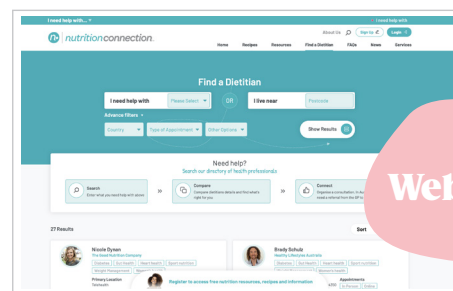
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Patient resources for you to share with your clients



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[Website](#)

Help clients in your area find you via our 'Find a Dietitian' service

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We've been working hard in the kitchen to bring you a delicious recipe e-book filled to the brim with gut-loving recipes

WEBSITE FOR CONSUMERS: guthealthmonth.com

WEBSITE FOR DIETITIANS: dietitianconnection.com/guthealthmonth

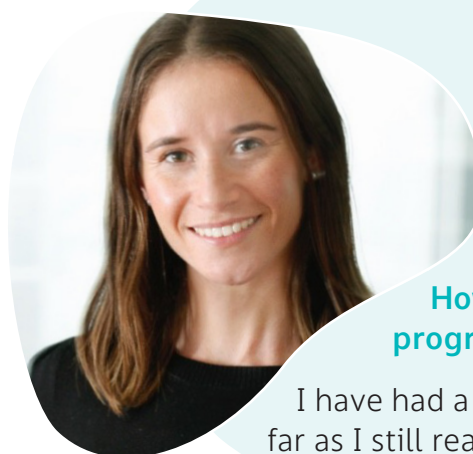
New kids on the DC block

Say hello to our new team members!

Emily Fitt *Account Director*

Tell us how pursuing a career in dietetics all started?

When I grew up, my family ate meat and three veg in front of the TV for dinner and food was just food. This all changed when I was 16 and went on exchange to Italy for a year and I was lucky enough to be placed with a family that was food obsessed! They adored food and wine with such passion that it was impossible not to be inspired. What was even more inspiring was the way they gathered around food and how no conversation, good or bad, was off limits when we were at the table. I saw the power of food and how it could bring people together and feel connected. From that moment, I knew I wanted to dedicate my life to showing people how powerful food is.



How did your career progress from there?

I have had a squiggly career so far as I still really don't know what I want to be when I grow up. I started off at a major metropolitan hospital in Melbourne, then spent three years in public health where I developed a passion for food service and population health. I then moved to consultancy where I realised my passion for collaboration, stakeholder engagement and business development and now I am at DC – it's the best of both worlds.

What attracted you to working at Dietitian Connection?

I have always been very passionate about helping other dietitians realise their own potential through mentoring, lecturing and presenting webinars to dietitians on innovation and making noise in the nutrition space – so my personal values and passions are very much aligned with that of DC. The other thing was the team – I count myself lucky every day to be able to learn from everyone in the DC team. I believe the team and what we achieve together makes me a much better professional for my clients.



Emma Fabian
Creative Director

Tell us about your career and how you ended up in the nutrition space?

After completing my Bachelor in Communication and Design, I wanted to see and experience something magical and unique in the world before settling down into what I heard was a crazy lifestyle of long hours as a designer... So I did. I packed a bag and went to live in Oxford, England with my sister for 9 months. We lived and worked in a backpackers' and explored nearby destinations when we could. With this experience ticked off my bucket list, I came home ready to don my 'adult' hat and begin a professional career.

I started off as a Junior Graphic Designer with an Australian clothing label. I learned the ropes and worked closely with different team members in the production house. Over the years I have moved between retail brands, always opting to join their internal teams with the intention of leaving a positive mark on the business and the people that drive it.



What attracted you to working at Dietitian Connection?

I was fortunate to be introduced to Maree some years ago and she asked me to design some creative assets for a workshop she was co-presenting. We stayed in contact – and what started off as a request for a handful of design pieces here and there blossomed into a friendship and steady flow of exciting initiatives and creative projects.

I have been freelancing for DC for seven years now and am extremely excited to be joining the team (officially) on a full-time basis. I am so proud to be a part of this community of positive change and look forward to seeing where the ripples and waves take us. I do feel a little like a fish out of water, being surrounded by such an experienced group of individuals in the nutrition landscape, but as the saying goes... it is out of this comfort zone where the magic happens.

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AUSTRALIAN
healthyfood GUIDE

Bloating, burping & farting... why am I so full of gas?!

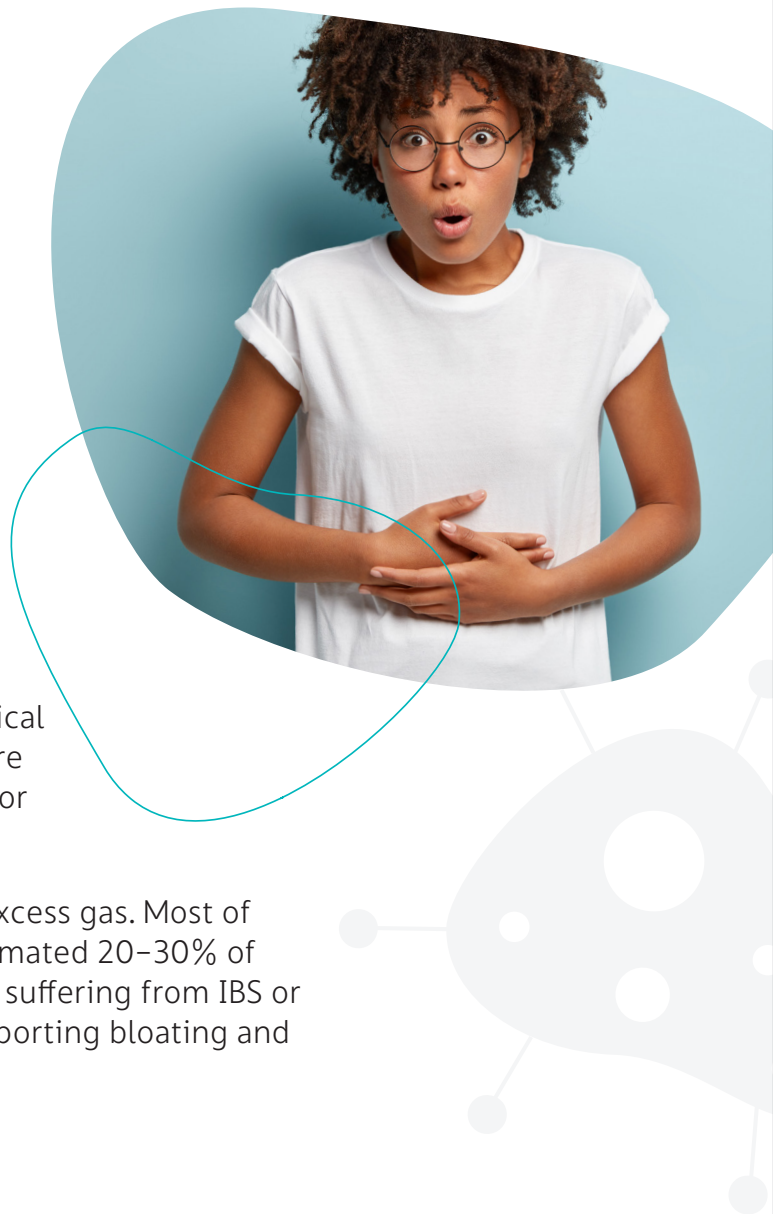
by Dr Joanna McMillan



Let's start with a truth. We all burp, we all fart and we probably all have experienced the discomfort of bloating. But it's important to identify if your experiences of these are normal or excessive...

If your gassy gut is impeding your normal daily life and/or you are frequently in discomfort or pain, clearly something is amiss. Your first stop in this case is your GP who may refer you on to a gastroenterologist for medical tests. This is really important, because you want to rule out any medical issues that could be causing your symptoms before you start cutting out foods or changing your diet or lifestyle.

That said, there are lots of potential reasons for excess gas. Most of us will feel the effects from time to time – an estimated 20–30% of people. It is one of the main complaints for those suffering from IBS or irritable bowel syndrome with as many as 96% reporting bloating and abdominal distension.



WHY DO WE BURP?

When you burp, you are expelling gas that has accumulated in your stomach or the upper part of your small intestine. Most of the gas in your stomach is swallowed air. We all swallow a little air, but if you talk a lot while you are eating or eat really quickly, you likely swallow more air.

The bubbles in fizzy drinks add carbon dioxide and this may also make you belch to release the gas. Very fizzy drinks will be more problematic, although for some people even sparkling water can lead to unsocial burping or an uncomfortable distended stomach. Conversely, for reasons that are not completely understood yet, other people find sparkling water helpful for digestion. It may be that the bubbles help to break down trapped pockets of gas, relieving the built-up tension.



Carbon dioxide is also produced in the small intestine and although some can be absorbed and released via the lungs, some may come back up into the stomach, leading to more burping. A very small number of people have a condition called small intestinal bacterial overgrowth (SIBO), which leads to higher-than-normal levels of bacteria and other microorganisms living the small intestine. It can cause excess gas production and is a common cause of bloating, particularly if it occurs in the hours immediately after eating when the food has made its way into the small intestine.

96% of those suffering from IBS report bloating and abdominal distension.



WHAT ABOUT FARTING?

In a healthy gut, gas is produced as a result of fermentation by microbes in the colon or large intestine. This is a normal and necessary part of digestion – and why we all fart! The question, however, is how much is normal? Believe it or not, researchers have actually measured this. It seems the range is large, varying from less than half a litre to almost 1.5 litres of gas per day, with most people somewhere in the middle of that range.

Some gases are absorbed through the gut wall and you breathe them out through your lungs, but most of it needs to be eliminated via the usual route.

What's interesting is that it is not necessarily the people producing the most gas that experience bloating and discomfort. Some people are especially sensitive to the stretch in the gut caused by gas, while some hardly notice it. For others, it may be that the pockets of gas get trapped rather than absorbed or eliminated.

That begs the question – is it harmful to hold in a fart? The answer is possibly, although it's really difficult to do research to test this out. What is certain is that the gas has to go somewhere and if you hold it in, the pressure in your gut will build and you are likely to feel uncomfortable. Some gases are absorbed through the gut wall and you breathe them out through your lungs, but most of it needs to be eliminated via the usual route.

Unfortunately, farting in company is not considered very social so I'm not suggesting you break etiquette rules. Of course you can hold it in for a little while, but if you're feeling discomfort, take yourself for an outdoor walk so you can happily fart away in the open air. Happy gut days!

What's interesting is that it is not necessarily the people producing the most gas that experience bloating and discomfort.

AND WHAT'S THE DEAL WITH BLOATING?

Recent research has shown some people have an abnormal response to a regular amount of gas in their gut. Usually, as the gut expands with gas contents, the diaphragm muscle relaxes to create more space for the intestines, while the abdominal wall contracts to hold everything in. In people who experience abnormal distension after meals, however, the opposite happens: the diaphragm contracts, moving everything downwards so there is less space, and the abdominal wall relaxes, causing the stomach to distend.



THINGS THAT CAN HELP

Practical strategies

- Avoid drinking fizzy drinks
- Eat slowly and speak between mouthfuls when you are not swallowing
- Don't hold burps or farts in for too long – excuse yourself from company and let out that gas!

Get help and don't give up until you have your own list of strategies that help you.

Medical therapies

- If you have IBS or another functional gut disorder, speak to your doctor about prescription drugs that may help.
- If you have IBS, it is worth trying gut-directed hypnotherapy. The clinical evidence showing a benefit is building.

Supplements

Probiotics *might* help, although the evidence is far from clear at present. Part of the problem is that everyone has a unique gut microbiome and probiotic supplements are all different. The best advice at present is to take a probiotic supplement that has been clinically tested for the outcome you are looking for. You could also try consuming fermented foods and drinks more often.

Some herbal treatments may also help.





Dietary strategies

- Food intolerances can be a cause of gut troubles but take care not to self-diagnose or you risk unnecessarily cutting out healthy foods.
- See your doctor for a referral to a dietitian and testing clinic to help you put together a personalised healthy diet.
- If you have IBS, you may be sensitive to a group of carbohydrates in foods called FODMAPs. Most of these are actually good for most of us but can cause problems in those with IBS. A dietitian experienced in the low FODMAP diet can help you navigate what to do. A group of FODMAPs called sugar alcohols (sweeteners) may be all you need to cut down on to reduce your symptoms. These include sorbitol, xylitol and mannitol. They are commonly used in sugar-free mints, chewing gum, lollies and many baked goods.
- While too much fibre can be a problem for some, the truth is that most Australians, Americans and Brits need more of it. Enjoy a wide range of plant foods in your diet including wholegrains, legumes, veggies, fruit, nuts and seeds.
- Drink plenty of water. You need water to keep the gut contents fluid and moving. Getting dehydrated can result in constipation, which leads to bloating.
- Avoid overeating. Sometimes bloating is simply caused by eating too much! Follow the Japanese rule '*hara hachi bu*', meaning eat until you are 80% full.

THE VERDICT

Don't suffer in silence. Although all the answers are not yet known, there is much that can be done to help you to manage bloating and gas. Get help and don't give up until you have your own list of strategies that help you. Your first port of call is your doctor, then, once you have a diagnosis or have ruled out medical causes, a dietitian is ideally placed to help with managing and modifying diet as appropriate.

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Prevention AUSTRALIA



Irritable bowel syndrome vs. inflammatory bowel disease: What's the difference?

by Nicole Dynan

Irritable bowel syndrome (IBS) is very common, impacting around one in seven people at some time in their life. IBS does not damage the bowel, cause inflammation or lead to other health problems, but the gut does not work as it should. IBS affects the colon or large intestine, and may be classified as:

1. Constipation-predominant (IBS-C)
2. Diarrhoea-predominant (IBS-D)
3. A mixture of both (IBS-M)

Tests for IBS used to be exhaustive and based on exclusion of other bowel conditions, but screening for coeliac disease is now the only essential test due to the overlap in symptoms.



Inflammatory bowel disease (IBD), on the other hand, is an autoimmune condition causing long-term, destructive inflammation in the gastrointestinal (GI) tract. It includes:

1. Chron's disease, which can affect any part of the GI tract
2. Ulcerative colitis, which affects only the colon
3. Unspecified IBD

The prevalence of IBD is increasing globally and is estimated to reach over 100,000 patients in 2022 in Australia alone. Visible inflammation can be seen on examination of the GI tract in patients with IBD and the condition can get progressively worse. Several blood tests and examinations may be needed to diagnose IBD.

WHAT CAUSES IBS AND IBD?

The causes of IBS and IBD are unknown, although there are several factors that may be involved:

IBS

- Gut sensitivity
- Gut permeability (AKA 'leaky gut')
- Fast or slow gut motility
- Imbalance of 'good' and 'bad' bacteria in the gut
- Gastro or gut infections

People with IBD are three times more likely than the general population to have IBS, but they are two separate conditions.

IBD

- Genetic susceptibility
- Immunological response
- Environmental factors



WHAT ARE THE SYMPTOMS OF IBS AND IBD?

The **symptoms of uncontrolled IBS** can greatly reduce quality of life. They include:

- Abdominal pain or discomfort
- Stomach bloating
- Bowel changes – diarrhoea or constipation, or both
- Incomplete bowel movements
- Nausea
- Fatigue



The type and severity of **symptoms of IBD** can vary depending on the location and severity of the inflammation. When there is no inflammation, people can feel well. A period of inflammation, however, can be debilitating and lead to hospital admission. Some common symptoms include:

- Abdominal pain and cramps
- Frequent, watery diarrhoea
- Blood and/or mucus in the stool
- A sense of urgency to poo
- Constipation
- Fever during a flare up
- Loss of appetite, nausea and weight loss
- Tiredness and fatigue
- Anaemia related to blood loss
- Electrolyte or nutrient deficiencies





MANAGING IBS AND IBD

There is no cure for IBS or IBD, but there are treatments to help manage symptoms and improve quality of life.

For IBS, there are many treatments available, with varying levels of scientific evidence. They include:

- Modifying fluid, fibre and fat intake
- Restricting caffeine and alcohol
- Exercise
- Low-FODMAP diet
- Gut directed hypnotherapy
- Stress management

IBD can be managed effectively with medications that control the inflammatory response. Some people with IBD have increased needs for certain nutrients, so dietitians play a key role in managing IBD. There is no specific diet for patients with IBD, but some patients find relief by changing to a bland, low-fibre diet and eliminating high-fibre and spicy foods when they have a flare up. The low-FODMAP diet has also been shown to provide symptom relief for some people with IBD, although it has no effect on inflammation levels in the gut.

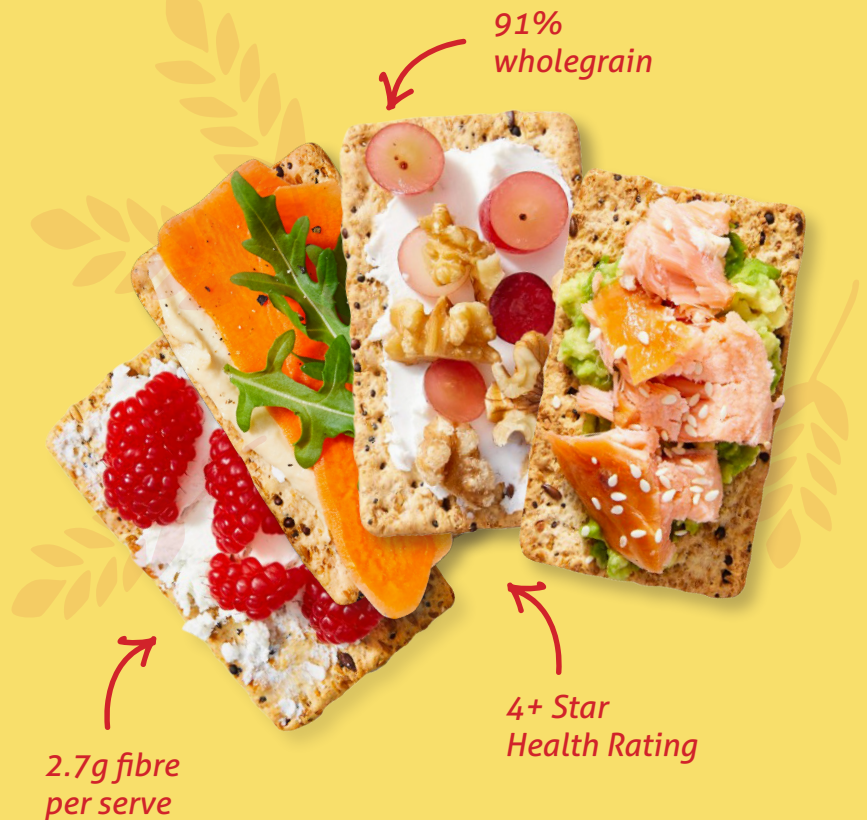


IBS and IBD should not be self-diagnosed. Instead, it is essential that people see their doctor to investigate symptoms and rule out any other underlying medical conditions.

Fibre-filled fuel for everyone...

Vita-Weat is the natural way to snack. Vita-Weat crispbreads are made with wholegrains, which support gut health by increasing the diversity of beneficial gut bacteria and providing the prebiotics to fuel them.

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The Problem

We know that holistic care can have a huge and positive impact on people living with and managing their Crohn's disease or ulcerative colitis. However, **research shows that access to allied health professionals is low, with fewer than 1 in 3 patients having a dietitian as part of their treatment team*.**



The Solution

GutSmart – designed to educate and inform

A new and exciting online education platform designed to further educate health professionals on Crohn's disease and ulcerative colitis to better target the care of IBD patients.

GutSmart will also help patients and carers in the IBD community to find and connect with GutSmart dietitians in their local area or via telehealth.

Are you a dietitian?

GutSmart has been built specifically for health professionals that want further education in the area of Crohn's and colitis patient management. Dietetic care has a huge role to play in helping people with Crohn's or colitis bounce back from surgery and manage the day-to-day challenges of living with a chronic illness. GutSmart will give you the tools to provide targeted advice to your IBD patients.

What will you learn about in the course and how long will it take to complete?

Our Nutrition and IBD for Dietitians course will take you through six evidence-based modules where you will learn about inflammatory bowel disease and its dietetic management. For more information about each module visit www.gutsmart.com.au. This course can count towards 15 CPD hours.

Join us as a GutSmart Healthcare Professional

This will help members of the Crohn's & Colitis community to locate health professionals who understand their condition and their treatment needs, producing better patient outcomes. Once you have completed the GutSmart course, get listed on our healthcare professionals directory. CCA will help you connect directly with the IBD community.

**To enrol in a course
or find out more, visit**
www.gutsmart.com.au

*Crohn's & Colitis Australia. (2018). My IBD Experience:
Australian inflammatory bowel disease patient
experience of health care research report 2018.

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How to eat for a healthy gut microbiome

by Dr Joanna McMillan



Since it was realised that microbes could cause disease – and right now we see the enormous impact one nasty virus can have on the world – we have been taught to be germophobic.

Of course, we must be careful and practise good hygiene to keep ourselves safe from pathogens, but here's what I hope is a reassuring fact: only about 1% of microbes around us are potentially harmful. The other 99% are mostly beneficial to our health or at the very least innocuous.



Your gut microbiome is the collection of bacteria, fungi and other microorganisms that live within your gut. In the past, they were thought to simply be taking advantage of a warm place to live with plenty of water and food. Today, we know the picture is much more interesting and your microbiome is in fact playing an essential role in digestion and gut health, with knock-on effects for both your physical and mental health – and that's why it's so important we look after it. So, when we feed ourselves nutritious food, we must also think about feeding our microbiome the food it needs to thrive.

THE F WORD

By which I mean fibres. There are lots of different types of fibres and they can have a broad range of effects.

Some are soluble in water and form a gel in the gut. This helps to stimulate movement, but it also slows the access of digestive enzymes to any carbohydrates in the meal. This means they are broken down more slowly, helping to keep blood sugar levels controlled. The fibre gel can also bind to cholesterol in the gut and help to carry it out of the body, in turn lowering blood cholesterol levels.

***...your microbiome
is in fact playing
an essential role in
digestion and gut
health, with knock
on effects for both
your physical and
mental health.***



Other fibres are insoluble but are no less important. They assist in moving everything along the gut and bulking out stools, helping to avoid constipation. Many insoluble fibres also bind to toxins in the gut and carry them out of the body.

Once in the colon, some fibres are fermented and become fuel for your microbiome – they are called prebiotics. By consuming a range of prebiotics, you help to create a diverse, healthy microbiome with lots of different species of microorganisms and no one group dominating. This is exactly what we want for health.

The non-fermentable fibres are also still important as they help to carry the fermentable fibres along the length of your colon, ensuring that fermentation continues throughout. That matters because it is the products of fermentation that have anti-inflammatory effects within the gut and throughout the body. They keep the cells lining the gut healthy. They influence immune function and communicate all sorts of messages to the brain.



Wholegrains such as oats, barley, bulgur, whole wheat, quinoa, teff, corn, millet, amaranth and buckwheat, as well as products made from their whole forms. Look for the words 'wholegrain' or 'wholemeal' on the packet.



WHERE TO
fibres



Potatoes and sweet potatoes.

If you also eat the skin and if you cook and cool them you create a type of fibre called resistant starch. This is like premium gold star fuel for your microbiome. Potato salad is a gut loving treat, who'd have thought?!



Vegetables – including as wide an array as possible is your best move. Include cruciferous vegetables like broccoli, brussels sprouts, cauliflower and cabbage, robust leafy greens such as spinach, rocket, silverbeet and Asian greens, asparagus, capsicums, root veggies, onions, garlic and leeks.



Legumes, meaning lentils, beans and chickpeas.

By consuming a range of prebiotics, you help to create a diverse, healthy microbiome with lots of different species of microorganisms and no one group dominating.

POLY – WHAT?

There is another reason to eat an abundance of plant foods and that is for their polyphenols. These are a large group of compounds that have anti-inflammatory and antioxidant effects throughout the body, but for us to optimally benefit we need the involvement of our gut microbiome.

That's because most polyphenols are not absorbed directly by us, but rather, they become nutrients for our friendly gut bugs. They have a prebiotic effect in that they boost the growth of those good bugs, and in the process, they are turned into more bioactive compounds. These bioactive compounds exert their benefit in the gut or are absorbed and have positive effects elsewhere in the body, including the brain.



RICH SOURCES OF *polyphenols*

- Berries
- Cherries
- Pomegranate
- Plums
- Apricots
- Red grapes
- Apples
- Citrus fruit,
- Red wine
- Eggplant
- Red cabbage
- Leafy greens
- Whole wheat
- Oats
- Soybeans
- Flaxseed
- Dark chocolate
- Sesame seeds
- Leeks
- Onions
- Garlic
- Herbs and spices like turmeric
- Coffee
- Tea
- Extra virgin olive oil

FERMENTED FOODS & DRINKS

Although the research is emerging and building, it is looking good for fermented foods and drinks. These are products which have used microorganisms in a fermentation process outside of the body to create the particular food or drink. This has been done for hundreds of years across the globe, in part for food preservation before refrigeration, but also for the unique flavours and products that are created. Science is catching up with understanding exactly how these products may also be benefitting our health.

Some of these products, such as a good kombucha or yoghurt, deliver probiotic bacteria, helping to boost the levels of good bugs in your system. Others contain prebiotics to feed the good bugs already in your gut.

All fermented foods and drinks may be providing the organic acids shown to be good for gut health. Try including traditionally made sauerkraut, kimchi, kefir, unsweetened yoghurt, tempeh, miso, natto, sourdough bread and (you might love this one) cheese! Yep, cheese is a fermented food, but be sure to buy the real thing and not processed cheese.

Eating for a healthy microbiome is not difficult. In fact, it's delicious, because it means eating whole foods, including loads of plants. Throw in a few fermented products and you and your friendly gut bugs will be nourished and happy.

*Eating for a healthy
microbiome is not difficult.
In fact, it's delicious...*



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*Monash University Low FODMAP CERTIFIED™ food. One serve of this product can assist with following the Monash University Low FODMAP diet™.

†FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols) are short-chain carbohydrates that can be poorly absorbed in the small intestine resulting in abdominal pain, bloating, gas, constipation and/or diarrhoea.

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Is it an allergy or an intolerance?

by Nicole Dynan

The terms 'allergy' and 'intolerance' are often used interchangeably when it comes to reactions to food, but they are distinct terms with different meanings...



AN ALLERGY

An allergy is a reaction of the body's immune system to a specific protein in a certain food. These proteins are harmless for most people, but for people who are allergic, they may cause mild to severe symptoms, which can be immediate and even life-threatening.

AN INTOLERANCE

An intolerance does not involve the body's immune system, but rather the digestive system. With the exceptions of sulphites and benzoates which may cause anaphylaxis, food intolerances are not life-threatening. They usually occur more slowly than an allergy, sometimes hours or days after the food is eaten.





WHAT ARE THE SYMPTOMS OF AN ALLERGY OR AN INTOLERANCE?

Food allergy symptoms can include:

- swelling to the face, lips and eyes
- a mild to moderate skin reaction such as hives or welts
- anaphylaxis, characterised by difficulty breathing, swelling of the tongue and tightness of the throat

Food intolerance symptoms can include:

- bloating
- gas
- nausea
- diarrhoea
- mouth ulcers
- hives
- headaches
- skin rashes

What are the most common food allergies and intolerances?

The most common food allergies in children are peanuts, eggs and milk products. Parents should be aware of the possibility of anaphylaxis, a life-threatening reaction that impacts breathing. Children can often outgrow allergies to milk, eggs, soy and wheat.

Lactose intolerance and gluten intolerance are two of the most suspected intolerances when it comes to food, but self-diagnosing or cutting out these foods without advice, is not recommended due to the risk of nutrient inadequacy, especially in children.



What causes a food intolerance?

It is often unclear as to why a food intolerance occurs, but it can be categorised into four key areas:

1. **Metabolic conditions** such as lactose intolerance (due to an enzyme deficiency) and carbohydrate malabsorption (including FODMAPs like fructose and polyols)
2. **Pharmacologic reactions to naturally occurring food chemicals** such as salicylates, amines and glutamates
3. **Toxic reactions** such as food poisoning
4. **Adverse reactions** to artificial preservatives such as sulphites and benzoates



Is there a food intolerance test?

Unfortunately, there are NO reliable tests for food intolerance, with one exception: lactose intolerance. Keeping a 'food and symptom diary' and speaking to a doctor in the first instance is a good idea to rule out any medical causes. An Accredited Practising Dietitian can then assist with a dietary review and provide evidence-based guidance to determine and manage problematic foods.

Rarely is there a need to cut out entire food groups permanently with an intolerance.



HOW TO BEST MANAGE AN ALLERGY OR INTOLERANCE

Avoidance of culprit foods is the best treatment for allergy. If that's not possible, medication, immunotherapy or epinephrine may be prescribed by an allergy specialist.

Treating an intolerance may involve a reduction in the quantity or frequency of the culprit food or foods for a short period of time. More significant intolerances, such as 'FODMAPs' or 'food chemical intolerance' may require further steps to identify problematic food compounds and then liberalise the diet again, under the guidance of an Accredited Practising Dietitian. When it comes to lactose intolerance, lactose-free product alternatives are recommended as the swap of choice.

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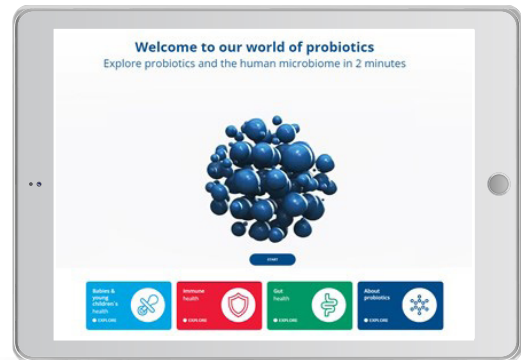
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By Chr. Hansen



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Apricot and coconut bliss balls

GF

Serves: Makes approx. 20 balls

Preparation time: 20 mins

Ingredients

3 cups dried apricots

1 cup almond meal

½ cup shredded coconut

½ cup linseeds

2 tbsp orange juice

1 tbsp orange zest

1 tbsp maple syrup

1 cup white sesame seeds, for rolling

Method

1. Place all the ingredients except sesame seeds into a food processor. Blitz until combined and holding together.
2. Roll mixture into large walnut-sized balls, then roll in sesame seeds to coat.
3. Store in an air-tight container in the refrigerator.



GF*

Serves: 4

Preparation time: 15 mins | Cooking time: 25 mins

Ingredients

2 tbsp extra virgin olive oil (EVOO)

1 tbsp miso paste

2 tsp salt-reduced soy sauce

1 tbsp lemon juice

4 skinless chicken thigh fillets

500g sweet potato, peeled and cut into 2x2cm cubes

1 x 400g can white beans, drained and rinsed

¼ cup mint leaves

¼ cup parsley leaves

Lemon zest

Method

1. Preheat oven to 200°C and line a baking tray with baking paper.
2. Combine 1 tbsp EVOO, miso, soy sauce and lemon juice in a small mixing bowl. Set aside.
3. Lay chicken thighs in a single layer on the baking tray. Brush chicken with half of the miso mix. Toss the sweet potato cubes in 1 tbsp EVOO and scatter around the chicken. Bake for 10 minutes and remove from oven.
4. Brush remaining miso paste onto chicken thighs. Scatter beans around the chicken and sweet potato. Bake for a further 15 minutes, or until sweet potato is tender and chicken is cooked through.
5. Serve with mint, parsley and lemon zest scattered over the tray bake.

***Can be tweaked to be gluten free:**

Ensure miso paste is gluten free and use tamari instead of soy sauce



Corn fritters

GF

Serves: 4

Preparation time: 15 mins | Cooking time: 15 mins

Ingredients

2 eggs

½ cup Greek style yoghurt (look for one high in probiotics), plus extra for serving

⅔ cup chickpea flour

Freshly cracked black pepper, to taste

4 corn cobs, kernels removed, 1 cob's worth separated for the salsa

¼ cup spring onion tops, finely sliced

2 tbsp extra virgin olive oil (EVOO)

½ large red capsicum, finely diced

½ cup cucumber, seeds removed & finely diced

Method

1. Place eggs, yoghurt, chickpea flour and black pepper, to taste, into a large mixing bowl. Whisk to form a batter. Stir in 3 cobs' worth of corn kernels and spring onion tops.
2. Heat EVOO in a large non-stick fry pan over a medium heat. Place ¼ cup of mixture into the pan and cook until the underside is golden. Flip the fritters and cook till golden on the second side. Once cooked, place onto a plate lined with absorbent paper.
3. Meanwhile, make the salsa by combining remaining corn kernels, capsicum and cucumber.
4. To serve, place a corn fritter onto serving plate and layer with a dollop of yoghurt and corn salsa. Season with freshly cracked black pepper, to taste.



Creamy pasta and salmon salad

FF

GF*

Serves: 4

Preparation time: 10 mins | Cooking time: 15 mins

Ingredients

250g chickpea penne pasta

1 tsp dijon mustard

1 cup lactose-free yoghurt

1 lemon, zested and juiced

White pepper, to taste

200g hot smoked salmon, flaked and bones removed

2 tbsp capers in vinegar, drained

¼ cup chopped dill

Method

1. Cook pasta according to packet instructions. Drain and allow to cool.
2. Mix together mustard, yoghurt, lemon zest, lemon juice and pepper in a large mixing bowl.
3. Gently fold the cooled pasta, salmon and capers.
4. Garnish with fresh dill.

***Can be tweaked to be gluten free:**

Check chickpea pasta is gluten free

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Audrey Hepburn

