

Bulletin for Health and Wellbeing

March 2017

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Irritable Bowel Syndrome

Irritable bowel syndrome is a common chronic ailment with symptoms that affect the digestive system – such as gas, bloating, diarrhea/constipation, and cramping. Most people are able to easily control their IBS with diet, lifestyle, and stress management, while others will need medical intervention.

For those suffering from IBS, the low FODMAP diet has proven to be an effective tool in managing symptoms. This diet consists of avoiding foods that are poorly absorbed and processed in the small and large intestine like onions, lentils, legumes, dairy products, high fructose corn syrup, some types of fruit and vegetables, and artificial sweeteners.

A low FODMAP diet doesn't mean you must permanently eliminate these foods, but cutting them out and then re-introducing them will help you to know what you can and cannot eat and in what quantity.


If you think you're experiencing IBS symptoms talk to your doctor or nutritionist about the low FODMAP diet.

FODMAP

What Does it Mean?


F - FERMENTABLE

Foods that are fermented or broken down in the bowel




O - OLIGOSACCHARIDES

These are carbohydrates composed of multiple simple sugars. 'Oligo' means few and 'sacharride' means sugars




D - DISACCHARIDES

These are double sugar molecules like sucrose and lactose




M - MONOSACCHARIDES

This is a single sugar molecule, a simple sugar like glucose, fructose, and xylose



A AND P - POLYOLS

These are sugar alcohols, including artificial sweeteners like sorbitol and xylitol



Source - FODMAP Friendly 2013 (fodmapfriendly.com)



St. Patrick's Day Around the World

St. Patrick's Day has become a day to celebrate Irish culture and heritage, especially outside of Ireland! Here are some astounding St. Patrick's Day facts from around the world!

- *In 2017, green landmarks will be seen for the first time in Romania, Kenya, Mozambique, Palestine, Croatia, Ethiopia, Israel, Rwanda, and South Korea*
- *In Tokyo, Japan, they have a St. Patrick's Day Parade spearheaded by Irish Network Japan (who knew there even was such a thing?!)*
- *Buenos Aires, Argentina, turns an entire section of their city into a huge street party to celebrate St. Patrick's Day as well as hosting a parade and a pub crawl.*
- *After New York, the second largest St. Patrick's Day parade is actually held in Sydney, Australia. Focusing on children, their events are collectively known as "The Green Gathering"*
- *The tallest structure in New Zealand, Auckland's Sky Tower, is lit entirely in green every St. Patrick's Day. They also host a parade and a carnival.*



Going Green

These are some of the global landmarks that go green on St. Patrick's Day!

- The Chicago River
- The London Eye
- Auckland's Sky Tower
- The Empire State Building
- Niagara Falls
- The Leaning Tower of Pisa
- The Great Wall of China

Activity Corner

Nutrition BINGO!

B	I	N	G	O
Fruit	Rice	Grains	Nuts	Omeg-3 fatty acids
Calories	Fish	Fiber	Beans	Cereal
Yogurt	Un-saturated fats	Free Space	Saturated fat	Meat
Poultry	Eggs	Olive oil	Bread	Lentils
Spices	Cheese	Milk	Seeds	Coconut Oil

Here's a fun game of BINGO you can play at your home that will help you become more aware of your eating habits.

Rules: Mark a square that includes something you ate for each meal. When you get a BINGO, treat yourself to something special!

For extra fun, try playing the game with a small group of friends. When you all reach BINGO, go for supper together.

