

IBD is therefore targeted at controlling the IBS-type symptoms, rather than inflammation related to the disease itself. This may also apply to patients with celiac disease.

The use of the low FODMAP diet is now being investigated for other conditions such as endometriosis [64], infantile colic [65], functional dyspepsia, fibromyalgia [66], scleroderma, and chronic fatigue syndrome. However, the evidence for the use of the diet in these conditions is minimal and it is therefore not recommended for use in connection with them at this stage.

3.2.2 The low FODMAP diet, functional dyspepsia (FD), and IBS

There is considerable overlap of symptoms between IBS and functional dyspepsia (FD). Functional dyspepsia is characterized by symptoms of bloating, belching, epigastric pain, and discomfort. Many patients experience both FD and IBS simultaneously. Although data are limited for the effect of the low FODMAP diet specifically for FD, there are anecdotal reports that it can be used to manage symptoms [67]. Further data are required in order to assess the effects of the low FODMAP diet in patients with FD.

3.3 Cascade guidelines—FODMAP

Please refer to section 1.2 Cascades, Table 2.

4 Carbohydrate intolerance

4.1 Lactose intolerance / lactase deficiency

4.1.1 Definition of terms

- *Lactose*: A disaccharide that is commonly found in dairy products, with the highest concentrations in milk and yoghurt.
- *Lactase*: A brush-border enzyme required for cleaving lactose (a disaccharide) into the monosaccharides glucose and galactose.
- *Lactase deficiency*: brush-border lactase activity that is markedly reduced relative to the activity observed in infants.
- *Lactose malabsorption*: Occurs when a substantial amount of lactose is not absorbed in the small intestine.
- *Lactose intolerance*: Occurs when lactose malabsorption induces gastrointestinal symptoms [68].

4.1.2 Lactose intolerance in perspective: when is it relevant?

The expression of lactase is down-regulated in approximately 65–75% of the human population after weaning. Lactose malabsorption is more prevalent in populations in Asia, South America, and Africa [69]. Lactase persistence (continued lactase production in adult life) is a genetically determined trait and occurs most frequently in European and some African, Middle Eastern, and southern Asian populations [70].