



## SIBO F.A.Q.s

Q. Is Low-FODMAP a SIBO diet?

*A. While consuming low FODMAP foods is helpful for SIBO, it does not encompass the full SIBO dietary protocol.*

Q. Why is dairy initially avoided for SIBO?

*A. While organic and grass-fed dairy can be a source of rich nutrition; for sensitive digestive systems it can also be a source of inflammation. One of the main priorities for gut healing is to first reduce inflammation.*

Q. When do I begin reintroducing foods?

*A. This process will be determine during your follow up appointments with the nutritionist. There are many causative factors underlying SIBO, therefore this timeline will vary from person to person.*

Q. Can I consume nuts if I have SIBO?

A. As is often the case with SIBO, this is not a black and white issue. When beginning the SIBO diet, you can include small amounts of fresh, raw nuts, nut butter, or nut flours (except for peanuts). As treatment progresses, one may find that they need to avoid nuts completely. These are the types of modifications that are made with the nutritionist as we personalize your SIBO plan.