



VIS Nutrition Tip: Dietary symbols

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Choosing food products that cater for special dietary needs can be a challenge, however the symbols on the packaging can help.

For example the Heart Foundation tick points you in the direction of heart-healthy choices, and the Low GI symbol identifies better carbohydrate choices.

The latest logo is for FODMAPs which helps those with IBS (Irritable Bowel Syndrome) symptoms, and fructose or FODMAPs intolerance, to identify suitable food choices. Similar to lactose intolerance, some people don't produce enough of the enzyme necessary to break down fructose (which is found in certain foods including fruit, wheat, rye, garlic and onion, to name a few). The inability to break down fructose means it enters the gut and causes distressing symptoms such as bloating, pain, or flatulence. If you suffer from such symptoms a simple breath test can diagnose both fructose and lactose intolerance. For those affected by this condition the supermarket can be a minefield of choice, so the new logo will help to reduce shopping time by providing a fast way to identify approved FODMAP-friendly food products.