



Deposited via The University of Sheffield.

White Rose Research Online URL for this paper:

<https://eprints.whiterose.ac.uk/id/eprint/156005/>

Version: Published Version

Article:

Shaw, C.C., Buckle, R.L., Rej, A. et al. (2020) A gluten reduction is the patients' choice for a dietary 'bottom up' approach in IBS—a comment on “a 5Ad dietary protocol for functional bowel disorders” nutrients 2019, 11, 1938. *Nutrients*, 12 (1). 137.

<https://doi.org/10.3390/nu12010137>

Reuse

This article is distributed under the terms of the Creative Commons Attribution (CC BY) licence. This licence allows you to distribute, remix, tweak, and build upon the work, even commercially, as long as you credit the authors for the original work. More information and the full terms of the licence here:


<https://creativecommons.org/licenses/>

Takedown

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing eprints@whiterose.ac.uk including the URL of the record and the reason for the withdrawal request.

Comment

A Gluten Reduction Is the Patients' Choice for a Dietary 'Bottom Up' Approach in IBS—A Comment on “A 5Ad Dietary Protocol for Functional Bowel Disorders” *Nutrients* 2019, 11, 1938

Christian Charles Shaw ^{1,*}, Rachel Louise Buckle ¹, Anupam Rej ¹ , Nick Trott ¹, Imran Aziz ^{1,2} and David Surendran Sanders ^{1,2}

¹ Academic Unit of Gastroenterology, Royal Hallamshire Hospital, Sheffield Teaching Hospital NHS Foundation Trust, Sheffield S10 2JF, UK; rachel.buckle2@nhs.net (R.L.B.); anupam.rej@nhs.net (A.R.); nick.trott@nhs.net (N.T.); imran.aziz1@nhs.net (I.A.); david.sanders1@nhs.net (D.S.S.)

² Academic Unit of Gastroenterology, Department of Infection, Immunity and Cardiovascular Disease, University of Sheffield, Sheffield S10 2JF, UK

* Correspondence: christian.shaw1@nhs.net

Received: 6 November 2019; Accepted: 20 December 2019; Published: 3 January 2020



Keywords: low FODMAP diet; gluten free diet; irritable bowel syndrome (IBS)

We read the article by Ibrahim and Stribling [1] with interest, as dietary therapies for functional disorders can be challenging to implement, such as the initial phase of the low fermentable oligo-, di-, mono- saccharide and polyols (FODMAPs) diet. In view of this, streamlined approaches to achieve symptom management maybe warranted, such as a 'bottom up' approach. Such therapies remove over-restriction and potentially have fewer concerns regarding nutritional adequacy [2].

The authors voice concerns regarding the effectiveness of dietary therapies for functional bowel disorders. However, several studies demonstrate the growing evidence for the use of traditional dietary advice, low FODMAP diet (LFD) and gluten free diet (GFD) for Irritable bowel syndrome (IBS) [3].

We would disagree that the 5Ad protocol is a 'bottom up' approach, but rather a 'top down' approach, as it involves restriction of high FODMAPs and other dietary components. In contrast, a GFD could be viewed as a 'bottom up' approach, through the reduction of fructans, with a response rate of 30–71% to this diet [3]. Recent research demonstrated patients use gluten free products, classed as 'low fructans foods', whilst on the LFD personalisation stage [4].

There is limited evidence for the 5Ad protocol and it remains unknown to the public, unlike the GFD [5]. In addition, the GFD has been rated as more acceptable than the LFD [6]. Only 40% of individuals have been shown to follow the LFD correctly [7], highlighting the need for easier approaches such as a gluten restriction.

We further disagree with the authors criticism that the LFD and GFD do not support healthy eating. The authors refer to the LFD in its entirety as the restriction stage, failing to acknowledge the further two LFD stages, which aim to ensure nutritional adequacy [8]. O'Keeffe and Colleagues (2018) [4]. demonstrated that nutritional adequacy was not compromised at long-term in the LFD group or in those returning to a habitual diet 6–18 months follow up.

The nutritional adequacy of the 5Ad remains to be explored, as nutritional analysis was performed on a 'model' diet, shedding no light on how the diet may actually be followed by participants, or if it was during the intervention.

The 5Ad diet is vague on the reintroduction of foods, providing no food quantity guidance and concerningly, does not emphasise the importance of food reintroduction. In contrast, a GFD can

be viewed as less restrictive than the 5Ad diet, as well as the LFD, as there is no requirement for food reintroduction.

In conclusion, the 5Ad may be viewed as a restrictive dietary approach, with the efficacy and nutritional adequacy of this diet yet to be determined. Less restrictive options such as a gluten restriction as a ‘bottom up’ approach to reduce fructans, is biologically feasible, and should be an option for patients.

Author Contributions: Guarantor of article: C.C.S. Specific author contributions: C.C.S., R.L.B., A.R., N.T., I.A. and D.S.S. drafted the article. All authors have read and agreed to the published version of the manuscript.

Funding: This research received no external funding.

Conflicts of Interest: D.S.S. receives an educational grant from Schaer (a gluten-free food manufacturer). Schaer did not have any input in drafting of this manuscript. The remaining authors disclose no conflicts of interest.

References

1. Ibrahim, F.; Stribling, P. A 5Ad Dietary Protocol for Functional Bowel Disorders. *Nutrients* **2019**, *11*, 1938. [[CrossRef](#)] [[PubMed](#)]
2. Wang, X.J.; Camilleri, M.; Vanner, S.; Tuck, C. Review article: Biological mechanisms for symptom causation by individual FODMAP subgroups—The case for a more personalised approach to dietary restriction. *Aliment. Pharmacol. Ther.* **2019**, 1–13. [[CrossRef](#)] [[PubMed](#)]
3. Rej, A.; Aziz, I.; Tornblom, H.; Sanders, D.S.; Simrén, M. The role of diet in irritable bowel syndrome: Implications for dietary advice. *J. Intern. Med.* **2019**, 490–502. [[CrossRef](#)] [[PubMed](#)]
4. O’keeffe, M.; Jansen, C.; Martin, L.; Williams, W.; Seemark, L.; Staudacher, H.M.; Irving, P.M.; Whelan, K.; Lomer, M.C. Long-term impact of the low-FODMAP diet on gastrointestinal symptoms, dietary intake, patient acceptability, and healthcare utilization in irritable bowel syndrome. *Neurogastroenterol. Motil.* **2018**, *30*, 1–12.
5. Croall, I.D.; Trott, N.; Rej, A.; Aziz, I.; O’Brien, D.J.; George, H.A.; Hossain, M.Y.; Marks, L.J.S.; Richardson, J.I.; Rigby, R.; et al. A population survey of dietary attitudes towards Gluten. *Nutrients* **2019**, *11*, 1276. [[CrossRef](#)] [[PubMed](#)]
6. Paduano, D.; Cingolani, A.; Tanda, E.; Usai, P. Effect of three diets (low- FODMAP, gluten-free and balanced) on irritable bowel syndrome symptoms and health-related quality of life. *Nutrients* **2019**, *11*, 1566. [[CrossRef](#)] [[PubMed](#)]
7. Tuck, C.J.; Reed, D.E.; Muir, J.G.; Vanner, S.J. Implementation of the low FODMAP diet in functional gastrointestinal symptoms: A real—World experience. *Neurogastroenterol. Motil.* **2019**, 1–13. [[CrossRef](#)] [[PubMed](#)]
8. Whelan, K.; Martin, L.D.; Staudacher, H.M.; Lomer, M.C.E. The low FODMAP diet in the management of irritable bowel syndrome: An evidence-based review of FODMAP restriction, reintroduction and personalisation in clinical practice. *J. Hum. Nutr. Diet.* **2018**, *31*, 239–255. [[CrossRef](#)] [[PubMed](#)]



© 2020 by the authors. Licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<http://creativecommons.org/licenses/by/4.0/>).