

Low FODMAP Diet

What are FODMAPs?

FODMAPs are **F**ermentable **O**ligo-saccharides, **D**i-saccharides, **M**ono-saccharides, and **P**olyols (FODMAP). These are carbohydrates (either sugar or fiber) found in food.

Why do they affect my gut?

FODMAPs can attract water into the gut causing diarrhea. They are quickly eaten up by bacteria in the gut and produce gas. During irritable bowel syndrome (IBS), this can cause bloating, discomfort, cramping, diarrhea, gas, and constipation. This process happens in anyone with or without IBS. However, IBS changes how the muscles in the gut respond, how sensitive our gut is to pain, and it changes the bacteria in the gut. This makes people with IBS more sensitive to eating FODMAPs.

How do I know what foods have FODMAPs?

Nearly all foods will have some amount of FODMAPs. The goal is have a LOW FODMAP diet, not a NO FODMAP diet. There are varying food lists across the internet that have different portion sizes and sources of research. This can cause differences in food lists. Check out the food lists on the following 6 pages. You can also download smartphone apps and visit the websites in the resources list for more assistance and to stay updated on the most current information.

Oligosaccharides

- Celery, garlic onion
- Rye, wheat
- Pistachios, cashews, black beans
- Molasses, tahini
- Kombucha

Disaccharides

- Some cheeses
- Cow's milk
- Sour cream
- Regular yogurt

Monosaccharides

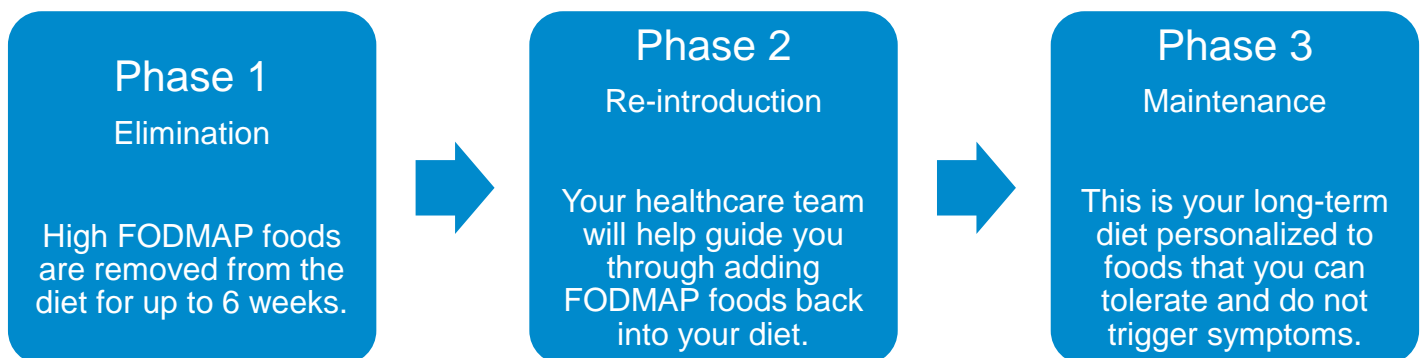
- Apples, cherries, mango, pear, watermelon
- Asparagus, peas
- Agave, honey

Polyols

- Apple, apricot, blackberries, pear, peach, coconut
- Cauliflower, corn, mushroom
- Sorbitol, mannitol, maltitol, Xylitol

How long do I have to eat this way?

Your doctor may suggest following a low FODMAP diet for up to 6 weeks. A low FODMAP diet is often hard to maintain long-term and can increase risk for malnutrition. It's important to work with your healthcare team to identify "trigger" foods and add specific types of FODMAPs back into your diet one at a time. Your healthcare team will help you move through the 3 phases of a low FODMAP diet.



Check out these websites for more resources on a low FODMAP diet and recipes.

www.monashfodmap.com
www.blog.katescarlata.com
www.fodmapeveryday.com
www.fodmapfriendly.com

www.ibsfree.net
www.ibsdiets.org
www.gikids.org

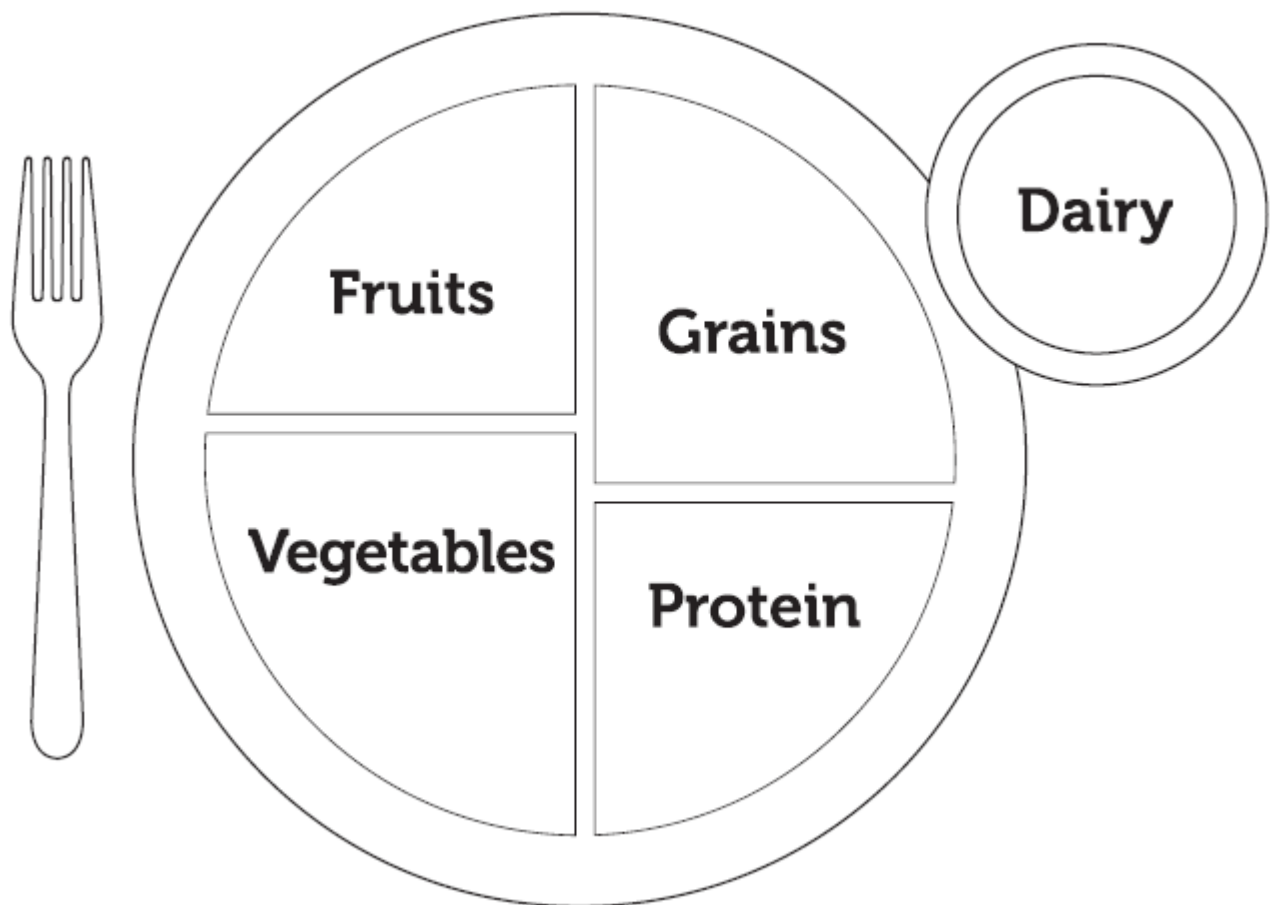
Here a few brands have select products certified as low FODMAP that you can purchase online and in limited stores.

FODY Foods
Casa de Sante
Kelloggs (limited items)
Rachel Paul's Happy Bars, Jerky, Soup and Spices

Quick Tips for a Low FODMAP Diet

- 1. Check the ingredient list.** Foods in a package, jar, bottle, etc. are more likely to contain high FODMAP sweeteners and additives.
- 2. Look for high fructose corn syrup.** This extra sweet syrup is in many foods that you wouldn't expect including soda, candy, yogurt, salad dressing, bread, canned fruit, juice, frozen dinners, breakfast cereals, and more. Read the ingredient list carefully.
- 3. Avoid “stacking.”** Eating a lot of low FODMAP foods can eventually add up to high amounts of FODMAPs. If you feel symptoms after eating, double check your portion sizes.
- 4. Low FODMAP doesn't always mean “healthy.”** It's important to still include daily sources of protein, fruits, vegetables, grains, and oils. Meet with your Registered Dietitian regularly to make sure you're not missing out on any key nutrients.
- 5. You don't have to buy expensive cookbooks.** Check your favorite meals and recipes to make low FODMAP swaps. You can still eat your favorite foods, but some ingredients may need to be exchanged for a low FODMAP alternative.

Make Your Low FODMAP Plate



Sample Menus

	<u>Day 1</u>	<u>Day 2</u>
Breakfast	Egg scramble with zucchini and tomato 1 slice gluten free bread 1/2 cup blueberries Lactose free milk (soy, rice, or oat)	Rice Krispies or Corn Flakes Lactose free milk (soy, rice, or oat) Strawberries
Snack	1/4 cup almonds 1 orange	Gluten free pretzels Grapes
Lunch	Taco salad with chicken, brown rice, lettuce, tomato, 2 tablespoons cheddar cheese , corn tortilla chips	Tuna salad on gluten free bread with lettuce, cucumber, and tomato. Prepare tuna salad with mayonnaise, lemon juice, salt, pepper. Rice Crackers Carrot Sticks
Snack	Cantaloupe Lactose free yogurt Homemade low FODMAP granola (gluten free oats, almonds, maple syrup)	Banana Peanut butter (oil, peanuts, salt)
Dinner	Beef Stir Fry with beef, rice noodles, bok choy, carrot, bamboo shoots, broccoli, cabbage, sesame oil, soy sauce	Homemade mac n cheese (gluten free pasta, lactose free milk, cheddar and parmesan cheese) Steamed broccoli and carrots
Snack	Sorbet with dark chocolate chips (check ingredients)	Popcorn

Low FODMAP

High FODMAP

Vegetables and Legumes

Alfalfa
 Bamboo shoots
 Bean sprouts
 Bell pepper (red or yellow)
 Bok choy
 Broccoli (1 cup)
 Carrots
 Celery
 Corn
 Cucumber
 Edamame (beans only, no pod)
 Eggplant
 Endive
 Ginger
 Green beans
 Kale
 Lettuce
 Olives
 Parsnips
 Potato
 Pumpkin
 Scallions (green part)
 Spinach
 Squash
 Sweet potato/yam
 Taro
 Tomato
 Turnip
 Zucchini

Artichoke
 Asparagus
 Avocado
 Beans
 Beet
 Broccoli (more than 1 cup)
 Brussel sprout
 Cabbage
 Cauliflower
 Chickpeas/Hummus
 Fennel
 Garlic
 Leek
 Lentils
 Mushrooms
 Okra
 Onion
 Peas
 Scallions (white part)
 Shallots
 Snow/snap peas

Low FODMAP

High FODMAP

Fruit

Bananas, unripe	Apple
Blueberries	Apricot
Boysenberry	Avocado
Cantaloupe	Banana, ripe
Clementine	Blackberries
Cranberry	Canned fruit in fruit juice
Grapefruit	Cherry
Grapes	Dried fruit/trail mix/fruit bars
Honeydew	Fruit juice
Kiwi	Mango
Lemon	Nectarine
Lime	Peaches
Orange	Pears
Pineapple	Persimmon
Raspberry	Plums
Rhubarb	Prunes
Star Anise	Raisins
Strawberry	Rambutan
	Watermelon

Low FODMAP

High FODMAP

Meat and Protein

Beef	Chorizo
Chicken	Sausage
Cold cuts	Soft tofu
Fish and shellfish	Processed Meats
Lamb	Check Ingredients
Pork	
Tempeh (plain)	
Tofu (firm, extra firm)	

Grains

Arrowroot	Barley
Buckwheat	Bran
Cornmeal	Couscous
Gluten free bread/pasta/cereal	Gnocchi
Millet	Granola
Oats (wheat free)	Muesli
Polenta	Rye
Popcorn	Semolina
Wheat free Pretzels	Soy flour
Quinoa	Spelt
Rice	Wheat bread/pasta/grains
Tapioca	Wheat cakes/cookies
Tortilla chips (corn)	High fiber bars/cereals

Low FODMAP

High FODMAP

Nuts and Seeds

Almond	Cashew
Chestnut	Pistachio
Hazelnut	
Macadamia	
Peanut	
Peanut	
Pecan	
Pine nut	
Poppy seed	
Pumpkin seed	
Sesame seed	
Sunflower seed	
Walnut	

Sweeteners and Oils

Acesulfame K	Agave
Aspartame	Chicory Root
Butter	High fructose corn syrup (HFCS)
Cooking oils	Honey
Dark Chocolate	Inulin
Glucose	Isomalt
Maple syrup	Mannitol
Molasses	Milk chocolate
Saccharine	Sorbitol
Stevia	Xylitol
Sucralose	
Sucrose/table sugar	
Sweeteners that don't end in "-ol"	

Low FODMAP

High FODMAP

Milk, Dairy, and Eggs

Almond milk	Buttermilk
Brie	Cottage cheese
Butter	Cream
Camembert	Cream cheese
Cheddar	Custard
Coconut milk	Ice cream
Eggs	Mascarpone
Feta	Milk (cow, goat, sheep)
Hemp milk	Oat milk
Sorbet, gelato	Ricotta cheese
Lactose free milk	Sour cream
Lactose free yogurt	Soy milk (made from soy beans)
Mozzarella	Yogurt (regular, Greek, and made from soy beans)
Parmesan	
Rice milk	
Soy milk (made from soy protein)	
Swiss	

Beverages

Black tea	Chamomile Tea
Coffee, black	Coconut water
Green tea	Fennel tea
Herbal tea (weak)	Fruit juice
Orange juice	Herbal tea (strong)
Peppermint tea	Kombucha
Water	Oolong tea
White tea	Soda with high fructose corn syrup

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Sauces, Seasonings, and Miscellaneous

Fresh herbs
Miso (2 tsp)
Most spices
Soy lecithin
Soy sauce

Carob powder
Garlic/garlic powder
Jam
Molasses
Onion/onion powder
Pesto
Relish
Spice blends containing wheat
Tahini
Tzatziki

Check out these smartphone apps for finding low FODMAP foods:



The Monash University Low FODMAP Diet



FODMAP Friendly



Low FODMAP Diet A to Z