

Low FODMAP Diet

(Fermentable oligo-di-monosaccharides and polyols)

What are FODMAPs?

FODMAPs are short-chain carbohydrates (or sugars) found in certain foods. FODMAPs pull water into the intestine, are poorly absorbed in the small intestine, and are rapidly fermentable by bacteria to form gas. These events eventually cause intestinal distention and in patients with certain functional gastrointestinal disorders (e.g., irritable bowel syndrome, functional bloating), can produce symptoms such as visible abdominal distention, bloating, gas, altered bowel habits, and sometimes pain.

Why a low FODMAP diet?

People with FGID have symptoms triggered by their intestines' response to distention (due to a hypersensitivity, excessive gas production, or motility problems). It's important to understand that FODMAPs are not the cause of the underlying functional gastrointestinal disorder (FGID).

Rather than to "cure," a low FODMAP diet is intended to reduce symptoms caused by intestinal distention.

How do I follow a low FODMAP diet/challenge?

Eliminate all high FODMAP foods for 6-8 weeks. You should notice an improvement in your symptoms after about 1 week of a low FODMAP diet. After 6-8 weeks, try adding a small amount of *one* high FODMAP food back into your diet every 4 days. Notice if a particular food causes your symptoms to return. If it does, then label this as one of your "triggers" to your symptoms and limit intake of that food.

Remember when reintroducing a high FODMAP food back into the diet, limit the serving sizes to about ½ cup per meal (or 1-2 tablespoons for things like honey, nuts, seeds). This rule applies even to a low FODMAP food as symptoms can be related to eating large portion sizes.

What foods can I eat? What foods should I avoid?

FOOD GROUP	Foods to avoid (high FODMAP foods)	Foods to eat (low FODMAP foods)
Fruit	Apples, applesauce, apricots, cherries, dates, figs, guava, longon, lychee, mango, nectarines, papaya, peaches, pears, plums, prunes, persimmon, rambutan, sugar snap peas, watermelon, canned	Banana, berries, cantaloupe, durian, grapefruit, grapes, honeydew melon, kiwi, kumquat, lemon, lime, mandarin, orange, passionfruit, pineapple, rhubarb, rockmelon, strawberry, tangerine, tangelo

	fruit, dried fruit, large amount of any fruit	
Vegetables	Artichokes, asparagus, avocado, beetroot, leeks, broccoli, brussel sprouts, cabbage, cauliflower, fennel, green beans, mushrooms, okra, onion, snow peas, shallots, summer squash	Alfalfa sprouts, bamboo shoots, bean sprouts, bell peppers, bok choy, chives, choko, choy sum, cucumbers, carrots, celery, corn, eggplant, green beans, herbs, lettuce, leafy greens, parsnip, pumpkin, potatoes, silverbeet, spinach, squash, yams, tomatoes, water chestnuts, zucchini
Meats, poultry, fish, eggs, legumes	Foods made with high FODMAP fruit sauces of high fructose corn syrup. Chickpeas, edamame, hummus, lentils, red kidney beans, baked beans, soy	Beef, chicken, canned tuna, eggs, fish, lamb, pork, shellfish, turkey, cold cuts, tofu, peanuts
Dairy	Buttermilk, chocolate, cottage cheese, ice creams, creamy/cheesy sauces, milk (cow, sheep, goat), sweetened condensed milk, evaporated milk, sour cream, soft cheeses (e.g., ricotta, cottage, marscapone), sherbet, whipping cream	Lactose-free dairy, coconut milk, hemp milk, rice milk, half and half, cream cheese, hard cheeses (e.g., blue, brie, cheddar, feta, mozzarella, parmesan, swiss), sorbet, gelato, greek yogurt
Grains	Barley, chicory root, inulin, tortillas, rye, spelt, wheat	Brown rice, corn, oats, quinoa. Wheat-free/gluten-free: bagels, breads, cereals, crackers, noodles, pasta, quinoa, pancakes, pretzels, rice, tapioca, tortilla, waffles
Beverages	Any with high fructose corn syrup, high FODMAP fruit/vegetables, fortified wines (sherry, port)	Low FODMAP fruit/vegetables juices (limit to ½ cup at a time), coffee, tea
Seasonings, condiments	High fructose corn syrup, agave, chutneys, coconut, garlic, honey, jams, jellies, molasses, onions, pickle, relish, artificial	Most spices/herbs, homemade broth, butter, canola oil, chives, flaxseed, garlic-infused oil, garlic powder, olives, margarine,

	sweeteners (sorbitol, mannitol, xylitol, isomalt, maltitol, and others ending in '-ol')	mayonnaise, onion powder, olive oil, pepper, salt, sugar, maple syrup without high fructose corn syrup, mustard, low FODMAP salad dressings, soy sauce, small amounts of marinara sauce, vinegar, balsamic vinegar
Nuts and Seeds	Cashews, pistachios	10-15 max or 1-2 tablespoons: almonds, macadamia, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds
Alcohol	Rum	Limit to one serving: wine, beer, vodka, gin