

# Low FODMAP Diet

## **(FODMAP = Fermentable Oligo-Di-Monosaccharides and Polyols)**

FODMAPs are carbohydrates (sugars) that are found in foods. Not all carbohydrates are considered FODMAPs.

### **The FODMAPs in the diet are:**

- Fructose (fruits, honey, high fructose corn syrup (HFCS), etc)
- Lactose (dairy)
- Fructans (wheat, onion, garlic, etc)(fructans are also known as inulin)
- Galactans (beans, lentils, legumes such as soy, etc)
- Polyols (sweeteners containing sorbitol, mannitol, xylitol, maltitol, stone fruits such as avocado, apricots, cherries, nectarines, peaches, plums, etc)

FODMAPs may not be digested or absorbed well and could be fermented upon by bacteria in the intestinal tract when eaten in excess. This can cause gas and bloating.

The low FODMAP diet is often used in those with irritable bowel syndrome (IBS). People sensitive to FODMAPS may experience gas, bloating, diarrhea, and/or cramping.

### **Tips for following a low FODMAP diet:**

- 1.** Follow the diet strictly for 6 weeks. After 6 weeks, add one high FODMAP food in at a time in small amounts. If symptoms reappear, this food may be identified as a “trigger” and should be limited.
- 2.** Read food labels to avoid foods made with high FODMAP ingredients such as inulin, honey, HFCS, wheat, soy, etc.
- 3.** Gluten free grains are wheat free, however wheat is the focus of the FODMAP diet, not gluten. You do not need to follow a gluten free diet.
- 4.** Foods that are low FODMAP foods but high in fiber still may cause symptoms if eaten in excess. Limit high fiber/ low FODMAP foods to ½ cup in one meal.

### **Low FODMAP meal and snack ideas:**

- Scrambled eggs with spinach, bell peppers, and cheddar cheese
- Oatmeal served with bananas, almonds, and brown sugar
- Smoothie made with lactose free yogurt and berries
- Quinoa mixed with roasted chicken, tomatoes and topped with pesto
- Mixed green salad made with chicken and a balsamic vinaigrette
- Turkey sandwich on gluten free bread with mustard, tomato, lettuce
- Quesadilla on corn tortilla with cheddar cheese
- Vegetable beef stew made with beef, broth, and allowed vegetables

## Low FODMAP Diet

<b>Food Group</b>	<b>Foods to Eat</b>	<b>Foods to Limit</b>
<b>Meats, poultry, fish, eggs</b>	Beef, chicken, canned tuna, eggs, egg whites, lamb, fish, pork, shellfish, deli meat	Foods made with high FODMAP fruit sauces or HFCS
<b>Dairy</b>	Lactose free dairy, small amounts cream cheese, half and half, hard cheeses (cheddar, Colby, parmesan, swiss), mozzarella, sherbet	Buttermilk, chocolate, cottage cheese, ice cream, creamy or cheese sauces, cow's milk goat's milk, sheep milk, sweetened condensed milk, evaporated milk, soft cheeses (brie, ricotta), sour cream, whipped cream, yogurt
<b>Meat, Non-dairy Alternatives</b>	Almond milk, rice milk, rice milk ice cream, nuts, nut butters, seeds	Coconut milk, coconut cream, beans, black eyed peas, hummus, lentils, pistachios, soy products
<b>Grains</b>	Wheat free flours, gluten free flours, gluten/wheat free bagels, breads, cereals, cheerios, certain Chex varieties, cream of rice, grits, oats, pasta, pancakes, pretzels, quinoa, tortillas, waffles, rice, tapioca	Chicory root, inulin, grains made with HFCS or made from wheat, wheat flour, flour tortillas, rye
<b>Fruits</b>	Bananas, berries, cantaloupe, grapes, grapefruit, honeydew, kiwi, kumquat, lemon, lime, mandarin, orange, passion fruit, pineapple, rhubarb, tangerine	Avocado, apples, applesauce, apricots, dates, canned fruit, cherries, dried fruit, figs, guava, lychee, mango, nectarines, pears, papaya, peaches, plums, prunes, persimmon, watermelon
<b>Vegetables</b>	Bamboo shoots, bell peppers, bok choy, cucumbers, carrots, celery, corn, eggplant, lettuce, leafy greens, pumpkin, potatoes, winter squash, yams, tomatoes, zucchini	Artichokes, asparagus, beets, leeks, broccoli, Brussel sprouts, cabbage, cauliflower, fennel, green beans, mushrooms, okra, snow peas, summer squash
<b>Desserts</b>	Any made with allowed foods	Any made with HFCS or made with foods to limit
<b>Beverages</b>	Low FODMAP fruit/vegetable juices (limit to ½ c at a time), coffee, tea	Any with HFCS, high FODMAP fruit/vegetable juices, fortified wines (sherry, port)
<b>Seasonings/condiments</b>	Most spices and herbs, homemade broth, butter, chives, flaxseed, garlic flavored oil, garlic powder, olives, margarine, mayo, onion powder, pepper, salt, sugar, maple syrup without HFCS, mustard, low FODMAP salad dressings, soy sauce, marinara sauce, vinegar, balsamic vinegar	HFCS, agave, chutneys, coconut, garlic, honey, jellies, jams, molasses, onions, pickles, relish, high FODMAP fruit/vegetable sauces, salad dressings made with high FODMAPs, artificial sweeteners, sorbitol, isomalt, mannitol, xylitol (may be found in cough drops, gum, mints)