

THE LOW FODMAP DIET

What is the Low FODMAP Diet?

The low FODMAP diet is recommended for patients with digestive disorders like Irritable Bowel Syndrome or functional abdominal pain to decrease symptoms such as excessive gas, bloating, abdominal pain, nausea, vomiting, diarrhea and/or constipation.

The goal of the low FODMAP diet is to remove high FODMAP foods and then slowly reintroduce them back into the diet to determine which of those foods are triggering GI symptoms. Typically patients stay on the low FODMAP diet for 4 to 8 weeks before reintroducing foods into their diet

What are FODMAPs?

FODMAP stands for **F**ermentable **O**ligo-**D**i-**M**onosaccharides and **P**olyols.

FODMAPS are carbohydrates (sugar and fiber) found in the following foods:

- Fructose (fruit sugar) – found in fruit, high fructose corn syrup, honey, and agave syrup
- Lactose (milk sugar) -- found in milk, yogurt, ice cream
- Oligosaccharides (fructans and galacto-oligosaccharides) – found in wheat, onions, garlic, chicory root, beans, hummus, and soy milk
- Polyols (sugar alcohols such as sorbitol, mannitol, and other “-ol” sweeteners) – found in certain fruits and vegetables and some sugar free gum and candy.

Why do FODMAP foods trigger symptoms?

FODMAPS foods are not well absorbed as they pass through the intestines. The bacteria in the intestines ferment these foods and create a lot of gas and other by products that can lead to intestinal distension. This in turn can lead to troublesome GI symptoms.

How are FODMAPs added back to the diet?

It is important to add back FODMAPs to the diet to identify potential “triggers” of gastrointestinal symptoms. The process of reintroducing FODMAPs is very individualized. Don’t be afraid to slowly introduce FODMAP foods back into your diet one at a time. Here are some general tips:

- Start reintroduction with a food containing only one FODMAP. For example, an apple contains both polyols and fructose and would not be an appropriate choice to start with. Mango would be appropriate choice to chart with as it only contains one FODMAP, fructose.
- Do remember to continue the low FODMAP diet while reintroducing FODMAPs.
- Start slow and small when reintroducing FODMAPs. For example, when reintroducing garlic (fructans), don’t add several cloves to your meal to identify if garlic causes gastrointestinal upset. Instead, start by adding small amounts such as a 1/2 of a clove at first and up to 1 clove per meal.
- Discuss with a Registered Dietitian or your GI doctor for a more individualized plan.

Tips for Success:

- Read food labels and ingredient lists for high FODMAP foods.
- Include low FODMAPs high in fiber (like oatmeal) and drink plenty of water if you develop constipation.
- Consider keeping a chart to track symptoms as you begin a low FODMAP diet or as you are reintroducing FODMAP foods.
- Choose low FODMAP fruits, vegetables, and meats that are in season to save money and ensure highest quality.
- Research low FODMAP foods ahead of time. Find pictures of low FODMAP food products using the internet to help you speed up the selection process when you get to the store.
- If you can’t find special ingredients in your local grocery store, go online and check out vitacost.com, nuts.com, penzeys.com or BobsRedMill.com.

FODMAP Food Chart

Food Group	Low FODMAPs	High FODMAPs	Some FODMAPs (Limit Portion Size)
<p>Grains/Starches</p> <p><i>Avoid seasoned grain mixes.</i></p>	<p>All gluten free grains Buckwheat Corn/potato/rice chips Corn starch/meal Corn tortillas Rice/ corn crackers Grits Millet Corn/potato/rice pasta Polenta Potato starch White potatoes Quinoa pasta/flour Rice/rice cereal Sorghum Tapioca starch Teff flour</p>	<p>Any food made with wheat/barley/rye, chicory root, inulin</p>	<p>Breakfast cereals (cold), made of amaranth, rice or corn – ½ cup Gluten free bread, white, 2 slices Oat bran, dry, 1 TBSP Oat flour, ¼ cup Oatmeal, ½ cup cooked Sourdough bread, 2 slices</p>
<p>Fruits</p> <p><i>Tolerance may depend on the amount you eat at one time.</i></p> <p><i>Limit to ½ cup serving per meal or snack of 3 to 5 hours apart.</i></p> <p><i>Avoid eating any large amounts.</i></p> <p><i>Fresh or frozen fruit may be better tolerated than canned fruit.</i></p>	<p>Banana Blueberries Cantaloupe Clementines Coconut Dragon Fruit Grapes/grape juice Honeydew Kiwifruit Lemons Limes Mandarins Oranges/Orange Juice Papaya Passion Fruit Pineapple Raspberries Rhubarb Starfruit Strawberry Tangelos</p>	<p>All dried fruit All fruit juice (except those listed) Canned fruit Apples Applesauce Apricots Blackberries Boysenberry Cherries Dates Fresh figs Guava Nectarines Mango Pears Plums Prunes Persimmons Watermelon</p>	<p>Avocado < 1/8 Cherries, 3 Cranberry juice, ½ cup Grapefruit, ½ medium Honeydew, ½ cup</p>

<p>Vegetables</p> <p><i>Serving size is ½ cup most vegetables, 1 cup of leafy greens.</i></p> <p><i>Choose fresh or without sauce.</i></p> <p><i>Verify canned tomato products do not have added onion or garlic.</i></p> <p><i>Cooked vegetables may be better tolerated.</i></p>	<p>Alfalfa/bean sprouts Arugula Bamboo shoots Bell peppers Carrots Collard greens Cucumbers Eggplant Kale Lettuce Parsnips Potatoes Radishes Seaweed (nori) Spinach Squash Tomatoes Water Chestnuts Zucchini</p>	<p>Artichokes Cauliflower Mushrooms Sugar snap peas Leeks Shallots Onions Garlic</p>	<p>Asparagus, 3 stalks Beets, 4 slices Brussel Sprouts, ½ cup Broccoli, ½ cup Boy Choy, ½ cup Butternut squash, ½ cup Cabbage, ½ cup Celery, 3 stalks Celery root, ½ cup Corn cob, ½ cob Fennel bulb, ½ cup Green beans, ½ cup Okra, ½ cup Pumpkin, ½ cup Sweet potato, ½ cup Turnip/Rutabaga, ½ cup</p>
<p>Nuts and Seeds</p> <p>Choose raw or roasted, unseasoned nuts and seeds.</p> <p>Limit portion size to 10-15 nuts or 1-2 tablespoons per day.</p>	<p>Almonds Brazil Nuts Chestnuts Chia seeds Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts Poppy Seeds Pumpkin seeds Sesame seeds Sunflower seeds Walnuts</p>	<p>Pistachios Cashews</p>	
<p>Fats & Oils</p>	<p>Butter Oil, all types Margarine Mayonnaise Sour cream, lactose free Tartar sauce Garlic/onion infused oil (no extra</p>		<p>Coconut cream, canned ½ cup Coconut milk, canned ½ cup Half and Half, 2 TBSP Whipped cream, ¼ cup Sour cream, 2 TBSP</p>

<p>Proteins</p> <p><i>Choose unseasoned, unbreaded and minimally processed proteins.</i></p>	<p>All meat, chicken, turkey, fish, seafood and eggs Tempeh Tofu (medium, firm or extra firm only)</p>	<p>Baked beans Black eyed peas Kidney beans Soy beans</p>	<p>Chick peas, ½ cup Lentils, ½ cup</p>
<p>Dairy/Dairy Substitutes</p>	<p>Any lactose free dairy Cheese (Brie, Camembert, Colby, Cheddar, Goat, Feta, Mozzarella, Parmesan, Swiss) Almond milk Hemp Milk Rice Milk</p>	<p>All lactose containing dairy Buttermilk Soy Milk</p>	<p>Cheese, American, 1oz Cream cheese, 2 TBSP Goat Cheese, 1oz</p>
<p>Beverages</p> <p><i>Consume caffeine in moderation.</i></p>	<p>Coconut water, ½ cup Coffee Espresso Green Tea Peppermint Tea White tea Juice, only those made w/ fruits/veggies allowed and limit portion size</p>	<p>Any made with high fructose corn syrup</p>	<p>Black tea, 8oz Chai tea, 8oz</p>
<p>Sweets/Sweeteners</p>	<p>Glucose Aspartame Stevia</p>	<p>Any made with high fructose corn syrup Agave Honey Sorbitol Mannitol Maltitol Molasses Xylitol (sugar free gum, mints, cough drops, & some meds)</p>	<p>Corn syrup (not high fructose), 1 TBSP Ice cream, lactose free, ½ cup Jam/jelly, 1 TBSP Maple syrup (no HFCS), 1 TBSP Sorbet, ½ cup Sugar, 1 TBSP Chocolate, dark/semi sweet, 1 TBSP</p>
<p>Condiments & Seasonings</p> <p><i>Choose single ingredient fresh or dried herbs.</i></p>	<p>Most spices & herbs Soy sauce Vinegar (except balsamic) Broth Garlic/onion infused oil</p>	<p>Garlic salt/powder Honey Molasses Onion salt/powder</p>	<p>Cocoa Powder 1.5 TBSP Oyster sauce, 1 TBSP Vinegar, balsamic, 1 TBSP Hummus, 2 TBSP</p>

Low FODMAP Snack Ideas:

- 1 clementine and a handful of almonds
- Rice cakes, 2 tablespoons almond butter
- ½ cup grapes, 8oz lactose free kefir
- Carrot sticks, 2 tablespoons peanut butter, 8 oz unsweetened green tea
- Lactose free yogurt, ½ cup strawberries, 2 tablespoons of walnuts
- 10 corn tortilla chips, 1 mozzarella string cheese stick
- 8oz fruit smoothie using lactose free milk, lactose free yogurt, blueberries

Low FODMAP Resources:

- Kate Scarlata, RD
www.katescarlata.com
- Monash University Low FODMAP Diet and App
www.med.monash.edu/cecs/gastro/fodmap/
- *IBS-Free Recipes for the Whole Family* by Lisa Rothstein, Patsy Catsos, Karen Warman (2015)