

The Low-FODMAP Diet

WHY: Decrease gas, bloat, abdominal distention, diarrhea, abdominal pain.

FODMAP is an acronym used to describe a group of carbohydrates that can be poorly absorbed in the small intestine and rapidly fermented by bacteria to produce gas. This can lead to bloating, excess gas, pain and nausea. They can also change how fast or slow food moves through the intestines causing diarrhea or constipation.

Some individuals are more sensitive to these foods than others. The low-FODMAP diet reduces these carbohydrates in a person's diet to temporarily control their symptoms, but it is not meant to be followed long-term. Individuals who may benefit from a low-FODMAP diet include those with irritable bowel syndrome, inflammatory bowel disease, celiac disease, and more.

FODMAP stands for Fermentable Oligo-Di-Monosaccharides and Polyols

Examples of FODMAPs include:

- **Fructose (in excess)** found in certain fruits, honey, and high fructose corn syrup
- **Lactose:** milk and milk products
- **Fructans:** wheat, onion, garlic, and inulin
- **Galactans:** legumes such as chickpeas, beans, lentils
- **Polyols:** peaches, cauliflower, mushrooms and often added as artificial sweeteners

To ensure success, it is highly recommended that you seek guidance from a Registered Dietitian who is experienced with the low-FODMAP diet. The dietitian will ensure that your diet remains nutritionally adequate and that you will be provided with suitable food alternatives. Generally, the low-FODMAP diet is followed for 2-6 weeks, followed by reintroduction to test tolerance to each FODMAP category.

Food Group	Choose Low FODMAPs	Avoid High FODMAPs
Protein	<ul style="list-style-type: none"> • Beef • Pork • Chicken • Turkey • Tuna • Eggs • Fish & Shellfish • Firm Tofu • Tempeh 	<ul style="list-style-type: none"> • Proteins seasoned with garlic, onion or honey
Dairy	<ul style="list-style-type: none"> • Lactose-free milk, yogurt, ice cream, sour cream, cottage cheese, or cream cheese • Limit the following to 2 Tbsp per meal or snack: regular cream cheese, half and half, sour cream, cottage cheese, ricotta cheese • Cheese (cheddar, Colby, swiss, parmesan, camembert, mozzarella, brie, feta, goat) • Whipped cream • Butter 	<ul style="list-style-type: none"> • Cow, goat & sheep milk • Buttermilk, evaporated milk • Yogurt • Ice cream & frozen yogurt • Custard
Meat & Non-Dairy Alternatives	<ul style="list-style-type: none"> • Almond milk, hemp milk, rice milk, coconut milk (limit ¾ cup) • Canned coconut milk (1/3 cup), coconut water (3.5 fluid ounces) • Nuts: Almonds (15), peanuts (32), peanut butter (2 tablespoons), walnuts (less than 35), brazil nuts (10), hazel nuts (10) • Seeds: Chia seeds (2 tablespoons), ground flax seeds (1 tablespoon), sunflower seeds • Canned lentils (½ cup), canned chickpeas (¼ cup), tempeh, firm tofu, edamame (1 cup) 	<ul style="list-style-type: none"> • Beans • Soybeans (soymilk, soy flour) • Black eyed peas • Hummus • Pistachios • Cashews
Grains	<ul style="list-style-type: none"> • Gluten-free bread and pasta • Sourdough wheat or spelt bread • Rice 	<ul style="list-style-type: none"> • Wheat, barley or rye

	<ul style="list-style-type: none"> • Oats (limit ½ cup dry rolled or ¼ cup dry quick cooking) • Quinoa • Corn tortillas, polenta, popcorn, corn flakes • Buckwheat (soba noodles) • Millet 	<ul style="list-style-type: none"> • Gluten-free products containing pear juice, honey, etc.
Fruits	<ul style="list-style-type: none"> • Avocado (1/8 whole) • Banana (firm, no brown spots) • Strawberries • Raspberries (limit to 30) • Blueberries (heaping ¼ cup) • Cantaloupe and honeydew (½ cup) • Oranges, clementine, tangerines • Grapes • Kiwi • Pineapple • Raisins and craisins (1 tablespoon) • Guava, papaya, passion fruit, dragon fruit • Pomegranate (¼ cup seeds) • Dried coconut (¼ cup) 	<ul style="list-style-type: none"> • Apple • Apricot • Blackberry & boysenberry • Cherries • Dates • Figs • Mango • Nectarine • Peach • Pear • Persimmon • Plum • Prunes • Tamarillo • Watermelon
Vegetables	<ul style="list-style-type: none"> • Bean sprouts • Beets (2 thin slices, ½ cup canned, or 2/3 cup pickled) • Bell pepper • Broccoli (limit to 2 cups) • Brussels sprouts (2 sprouts) • Butternut squash (1/3 cup) • Cabbage • Carrots and parsnips • Celery (¼ stalk) • Corn (½ cob) • Cucumber • Eggplant (1 cup) • Green beans (15-20 whole) • Leafy Greens: spinach, kale, collard greens, romaine, leafy lettuce, etc. • Olives • Oyster mushrooms 	<ul style="list-style-type: none"> • Artichokes • Asparagus • Cauliflower • Garlic • Leeks • Mushrooms • Onions • Shallots • Scallions (white part) • Sauerkraut • Sunchokes

	<ul style="list-style-type: none"> • Potatoes • Rutabaga • Scallions, chives, leeks (green part only) • Snow peas (5 pods) • Sweet potatoes (½ cup) • Sugar snap peas (4 pods) • Tomatoes • Turnips • Water chestnuts • Zucchini 	
Sugars and Sweeteners	<ul style="list-style-type: none"> • Cocoa powder (2 heaped teaspoons) • Dark chocolate (5 squares or 30g) • Milk or white chocolate (4 squares or 20g) • 100% pure maple syrup • Raw sugar • Stevia • White and brown cane sugar 	<ul style="list-style-type: none"> • Agave syrup • Carob powder • High-fructose corn syrup • Honey • Molasses • Sugar alcohols: sorbitol, mannitol, isomalt, xylitol
Beverages	<ul style="list-style-type: none"> • Black, green and white tea • Chai tea (weak, 8 ounces) • Coffee, espresso • Cranberry juice • Peppermint tea • Wine, beer, spirits (no rum) 	<ul style="list-style-type: none"> • Apple cider • Soda • Most juice • Tea: chamomile, oolong and fennel • Rum
Condiments and Seasonings	<ul style="list-style-type: none"> • Asafoetida (onion replacement) • Basil • Chili powder • Cilantro • Cumin • Curry • Fish sauce • Garlic-infused oil • Ginger • Lemon or lime • Marjoram • Mayonnaise • Mustard (check for garlic or onion) 	<ul style="list-style-type: none"> • Garlic • Onion • Natural Flavoring • Ketchup and BBQ Sauce (with high fructose corn syrup and/or garlic or onion)

	<ul style="list-style-type: none"> • Olives • Oregano • Paprika • Parsley • Rosemary • Salt • Scallions (green parts only) • Soy sauce • Turmeric • Vinegar 	
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Resources:

www.monashfodmap.com

www.ibsfree.net -Flavor without FODMAPs Cookbook by Patsy Catsos, MS, RDN, LDN

www.katescarlata.com

Shepherd, Sue, and Peter Gibson. *The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders*. New York: The Experiment, LLC, 2013. Print

Halmos, Emma, et al. "A Diet Low in FODMAPs Reduces Symptoms of Irritable Bowel Syndrome." *Gastroenterology* 146.1 (2014): 67-75. Print.

Barrett, Jacqueline, and Peter Gibson. "Fermentable oligosaccharides, disaccharides, monosaccharides and polyols (FODMAPs) and nonallergic food intolerance: FODMAPs or food chemicals?" *Therapeutic Advances in Gastroenterology* 5.4 (2012): 261-268. Print.

Mullin, Gerard, et al. "Irritable Bowel Syndrome: Contemporary Nutrition Management Strategies." *Journal of Parenteral and Enteral Nutrition*. 38.7 (2014): 781-799. Print.