

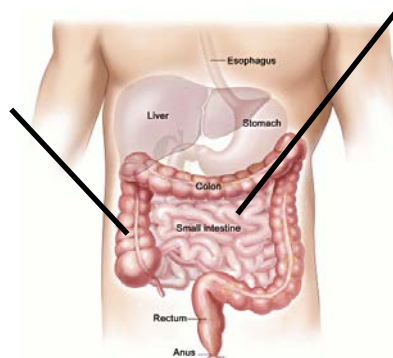
Low FODMAP diet

What is FODMAP?

- F** – fermentable (bacteria like to eat these)
- O** – oligosaccharides (fructans and galacto-oligosaccharides – GOS)
- D** – disaccharides (lactose, or milk sugar)
- M** – monosaccharides (fructose)
- A** - and
- P** – polyols (sugar alcohols such as sorbitol)

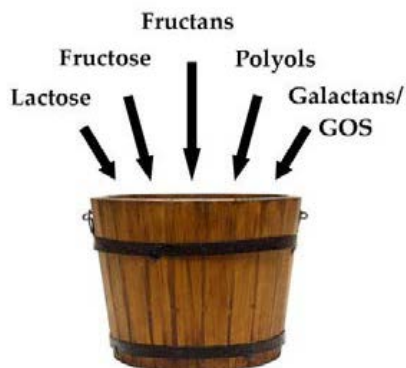
This acronym is used to describe a specific group of carbohydrates that are poorly absorbed in the small intestine and can often cause symptoms such as excess gas, bloating, and diarrhea in certain individuals with Irritable Bowel Syndrome (IBS) and other functional bowel disorders.

Bacteria in the colon feed off the undigested carbohydrate, creating excess gas and more bloating. The extra water from the small intestine can result in diarrhea after passing through the colon.



Poorly absorbed carbohydrates draw water into the small intestine. This can cause: bloating, cramping, nausea.

FODMAP tolerance:



All dietary FODMAPS go into the same "bucket".

All FODMAPs have the potential to cause unwanted symptoms. Yet, the degree in which FODMAPs are tolerated varies from person to person. An individual's physical response to certain FODMAPs depends on their own personal level of sensitivity. Therefore, some FODMAP groups may trigger symptoms while others might not.

Think of the small intestine as a bucket. Each person has their own size bucket, or unique tolerance for FODMAP carbohydrates. FODMAPs have a cumulative effect. That is, the **amount**, not just the type of FODMAP consumed matters. When FODMAP intake exceeds the amount the "bucket" can hold (the small intestine's capacity for digestion and absorption), it overflows into the large intestine. This may lead to gas, bloating, and diarrhea.

Following the Diet

Is a low FODMAP diet right for you?

It is important to understand that IBS and other functional bowel disorders are not caused by eating FODMAPs, therefore eliminating FODMAPs from the diet will not cure a disease or disorder. A low FODMAP diet aims to minimize gastrointestinal symptoms by removing common high FODMAP foods and replacing them with low FODMAP alternatives. This diet may not be appropriate for everyone. It is intended to be a **short-term diet** and is usually followed for six weeks or less. It is *not* to be used as permanent diet solution. Before beginning a low FODMAP diet, first consult your healthcare provider to eliminate other causes of your symptoms. Low FODMAP diets have shown to be most successful for persons who have:

- An official diagnosis of Irritable Bowel Syndrome (IBS), Inflammatory Bowel Disease (IBD), or other functional bowel disorder with symptoms of excess gas, bloating, abdominal pain, diarrhea/constipation, etc.
- Tried and failed standard therapy (high-fiber diet, increased fluid intake, increased exercise, etc).
- Ruled out celiac disease as a possible diagnosis. This is important as restricting wheat from the diet will affect the accuracy of future celiac testing.
- Regular or irregular intake of high FODMAP foods.
- The desire and ability to modify their diet.

FODMAP Elimination diet:

A FODMAP elimination diet consists of three phases:

- **Elimination phase:** all FODMAPs are eliminated from the diet for approximately 2-6 weeks.
- **Challenge phase:** the body is challenged by reintroducing FODMAPs into the diet in an organized way. Symptoms are observed and problematic FODMAPs are identified.
- **Final phase:** problem FODMAPs are incorporated back into the diet as tolerated.

Enlist the help of a Registered Dietitian:

If it is determined that a low FODMAP diet would be beneficial to you, consulting a Registered Dietitian (RD) who specializes in gastrointestinal nutrition can increase the likelihood of your success. The RD will help to identify major FODMAP culprits in your diet and develop an individualized diet plan centered around your eating habits and food preferences to improve both symptoms and quality of life. Often times in an attempt to ease symptoms, individuals tend to be overly restrictive with their diet. This leads to nutritional deficiencies. The goal of the FODMAP approach is to manage symptoms while allowing for the most varied and nutritious diet possible.

FODMAP FOOD LIST

The following lists indicate the FODMAP content of many foods.

- The foods under the **“AVOID”** category contain the highest amount of FODMAP and are more likely to cause gastrointestinal symptoms such as bloating, excessive gas, abdominal pain, constipation and/or diarrhea.
- The foods listed under the **“LIMIT”** category may have a smaller than typical portion size; be sure to follow these guidelines to keep your symptoms away when choosing these foods.
- The foods in the **“ALLOWED”** category contain the least amount or no FODMAPs and should make up the majority of your diet while in the elimination phase of this diet.

FRUIT	AVOID	LIMIT	ALLOWED - 1/2 cup only
	Apple	Avocado, 1/8th	Banana, firm
	Apricot	Blueberries, 1/4 cup	Cantaloupe
	Banana, ripe	100% cranberry juice, 4 oz	Clementine
	Blackberries		Cranberries, raw
	Boysenberry		Grapes
	Canned fruit		Honeydew melon
	Cherries		Kiwi
	Dried fruit		Lemon
	Fruit juice		Lime
	Fig		Mandarin orange
	Grapefruit		Orange
	Mango		Papaya
	Nectarine		Pineapple
	Peach		Raspberries
	Pear		Rhubarb
	Persimmon		Strawberries
	Plum		Tangelo
	Pomegranate		
	Watermelon		

FODMAP FOOD LIST

VEGETABLE	AVOID	LIMIT	ALLOWED
	Artichoke	Broccoli, 1/2 cup	Alfalfa sprouts
	Asparagus	Butternut squash, 1/3 cup	Arugula
	Beets	Cabbage, 1/2 cup	Bamboo shoots
	Brussels sprouts	Celery, 1/4 stalk	Bean sprouts
	Cauliflower	Fennel, 1/2 cup	Bell pepper, any color
	Garlic	Leek, leaves only	Bok choy
	Green peas	Okra, 6 pods	Carrots
	Mushrooms	Sweet corn, 1/2 cob	Cherry tomatoes
	Onion	Sweet potato, 1/2 cup	Chili pepper
	Sauerkraut	Tomato, canned, 1/2 cup	Collard greens
	Snow peas	Tomato juice, 1/2 cup	Cucumber
	Sugar snap peas	Zucchini, 1/3 cup	Eggplant
	Sun dried tomato		Green beans
	Tomato paste		Kale
			Lettuce, any variety
			Parsnip
			Pickle, dill or sour
			Potatoes
			Pumpkin
			Radish
			Seaweed/nori
			Scallion, green top
			Spinach
			Summer/yellow squash
			Swiss chard
			Tomato, fresh
			Turnip
			Water chestnuts

FODMAP FOOD LIST

	AVOID	LIMIT	ALLOWED	
GRAINS	All-purpose flour	Amaranth, 1/2 cup	Buckwheat flour	
	Barley	Breakfast cereal made with rice, corn, 1/2 cup	Oat bran	
	Baked goods made with wheat flour		Oatmeal, 1/2 cup	Gluten-free bread*
	Bran flakes	Sourdough bread, 1 slice	Gluten-free cereal*	
	Bread - white, wheat, rye and multigrain		Gluten-free pretzels	
	Bulgur wheat		Gluten-free crackers*	
	Cereals made with wheat, rye and barley		Grits	
	Couscous		Corn, rice or quinoa pasta	
	Crackers made with wheat		Corn tortillas	
	Enriched flour		Corn tortilla chips	
	Graham flour		Cornmeal	
	High fiber bread, cereal or granola bar made with chicory root/inulin		Millet	
	Pasta		Polenta	
	Rye		Popcorn	
	Semolina flour		Potato	
	Sprouted wheat		Potato chips	
	Wheat berries		Quinoa	
	White flour		Rice cakes	
	Whole wheat flour		Rice (brown, white, wild)	
			Rice bran	
	*with appropriate sweeteners			
MEAT	AVOID		LIMIT	ALLOWED
	Meat with breading from wheat or rye			Beef
	Sauces and marinades with agave syrup, fructose, high fructose corn syrup, honey, and molasses			Buffalo
		Chicken		
		Duck		
		Egg		
	Meat seasoned with onion and garlic powder	Fish, any kind		
		Lamb		
		Pork		
		Seafood/shellfish		
	Turkey			

Content adapted from: University of Michigan Division of Gastroenterology and Hepatology; Monash University; & "IBS-Free At Last" Second Edition, by Patsy Catsos

FODMAP FOOD LIST

DAIRY & DAIRY SUBSTITUTES	AVOID	LIMIT	ALLOWED
	Buttermilk	American cheese, 1 oz	Cheese: brie, chambert cheddar, Colby, feta, Havarti, mozzarella, Swiss, parmesan Cottage cheese, lactose free Dry curd cottage cheese Kefir Milk, lactose-free Almond milk Rice milk Yogurt, lactose-free* *with appropriate sweetener
	Cottage cheese	Goat cheese, 1 oz	
	Cream cheese	Coconut milk, 4 oz	
	Custard	Yogurt, Greek, 4 oz	
	Dry milk solids		
	Eggnog		
	Evaporated milk		
	Half and half		
	Ice cream		
	Milk (cow, goat, sheep)		
	Ricotta cheese		
	Sour cream		
	Sweetened condensed milk		
	Yogurt		
PLANT PROTEINS (Legumes)	AVOID	LIMIT	
Baked beans	Chickpeas, 1/4 cup	Quorn	
Black beans	Lentils, canned, 1/2 cup	Tempeh	
Butter beans		Tofu, firm	
Fava beans			
Kidney beans			
Lima beans			
Navy beans			
Soy beans/edamame			
Split peas			
White beans			
NUTS	AVOID	LIMIT	ALLOWED
Cashews	Almonds, 10 total	Almond butter	
Pistachios	Hazelnuts, 10 total	Macadamia nuts	
		Peanuts	
		Peanut butter*	
		Pecans	
		Pine nuts	
		Seeds (chia, flax, pumpkin sesame, sunflower, Sunbutter)	
		Walnuts	
		*with appropriate sweetener	

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FODMAP FOOD LIST

FATS/OILS	AVOID	LIMIT	ALLOWED
	Miracle Whip	Coconut cream, 1/2 cup	Butter
Most commercial salad dressing		Margarine	
		Mayonnaise, real	
		Oils: canola, coconut, olive, peanut, sesame, soybean, sunflower and vegetable	
		Garlic-infused olive oil	
BEVERAGES	AVOID	LIMIT	ALLOWED
Chai tea (with chicory root)	Beer, 12 oz	Black tea	
Chamomile tea (w/ chicory root)	Chai tea, weak	Coffee	
Fennel tea	Coconut water, 4 oz	Espresso	
Oolong tea	Coconut milk, 4 oz	Green tea	
Rum	Dandelion tea, weak	Peppermint tea	
Soda, made with HFCS	Herbal tea, weak	White tea	
Soy milk	Spirits (gin, vodka, whiskey, scotch), 1 shot		
	Wine, 4-6 oz		
SEASONINGS	AVOID	LIMIT	ALLOWED
Chicory root, extract or fiber	Cocoa powder, 1 tbsp	Baking powder	
Chipotle chili, dried	Vinegar, balsamic, 1 tbsp	Baking soda	
Garlic salt and powder		Baker's yeast	
Hydrogenated starch		Cinnamon	
hydrolysates		Corn starch	
Inulin		Cumin	
Onion salt and powder		Dry mustard powder	
		Fish sauce	
		Five spice	
		Ginger	
		Ground chili powder	
		Guar gum	
		Herbs, fresh and dried	

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FODMAP FOOD LIST

SWEETENERS	AVOID	LIMIT	ALLOWED
	Agave syrup	Chocolate, dark, 1 oz	Baker's sugar
Carob powder	Chocolate, semi-sweet, 1 oz	Beet sugar	
Erythritol	Jam/jelly*, 1.5 tablespoon	Brown sugar	
Fructooligosaccharide (FOS)	Sorbet*, 1/2 cup	Brown rice syrup	
Fructose		Cane sugar	
Fructose solids		Cane syrup	
Fruit juice concentrate		Confectioner's sugar	
High fructose corn syrup		Corn syrup	
Honey		Corn syrup solids	
Isomalt		Dextrose	
Lactitol		Glucose	
Maltitol		Glucose syrup	
Mannitol		Gluten-free baked goods*	
Molasses		Golden syrup	
Polydextrose		Granulated sugar	
Sorbitol		Ice cream, lactose-free*	
Sugar cane fiber		Maltodextrin	
Xylitol		Maltose	
		Palm sugar	
		Pure maple syrup	
		Raw sugar	
		Sucrose	
		*with appropriate sweetener	

LOW FODMAP MEALS

BREAKFAST

½ c. oatmeal
½ c. fresh berries
1-2 Tbsp walnuts
Lactose-free milk

2 eggs
GF or sourdough toast
½ c. cantaloupe
Coffee or tea

Egg omelet w/ cheese,
spinach, and tomatoes
Hashbrowns
1 orange

Cold cereal: Rice Krispies,
Corn flakes, Corn or Rice Chex,
Or Cheerios
1 medium banana
Lactose-free milk

GF or sourdough bread
2 Tbsp peanut butter
Lactose-free yogurt
4 oz. 100% cranberry juice

Cream of rice cereal w/
1 tsp brown sugar
¼ cup blueberries
Coffee or tea

GF pancakes/waffles
2 Tbsp pure maple syrup
2 sausage patties
Lactose-free milk

Smoothie with:
Lactose-free yogurt,
½ banana, ¼ c. strawberries
ice cubes

LUNCH & DINNER

Sandwich: GF or sourdough bread,
Deli turkey, cheese, lettuce, tomato,
Mayonnaise
½ cup grapes
Plain/salted potato chips

Homemade chicken & rice soup
Rice crackers
½ cup mandarin oranges

Quesadilla: corn tortilla
chicken, cheese, tomato
2 Tbsp avocado
Baby carrots

Tossed salad with chicken/tuna,
Cucumber, tomato, carrot, feta,
Olive oil and balsamic vinegar
Rice cakes
2 kiwi fruit

Firm tofu sautéed with bok choy,
carrots, red bell pepper, broccoli,
green tops of scallion
soy sauce and ginger
white or brown rice

Grilled chicken
baked potato w/ butter
roasted carrots

GF mac and cheese (made w/
Lactose-free milk)
Sautéed spinach

Baked pork chop
½ cup sweet potato
tossed salad with tomato and
Cucumber, olive oil/vinegar

Grilled fish
Quinoa w/ sautéed
celery, broccoli, carrots
½ cup raspberries

LOW FODMAP PRODUCTS

CEREALS

- Cheerios (plain, multigrain)
- Chex (corn, rice)
- Erewhon (cinnamon, harvest)
- Kellogg's Rice Krispies
- KIND granola (maple, PB, banana nut)
- Nature's Path granola
- Nature's Path Envirokidz (Gorilla Munch, Panda Puffs)

GRAINS/PASTA

- Ancient Harvest quinoa pasta
- DeLallo GF potato gnocchi
- Gluten-free pasta
- Uncle Ben's Ready Rice (Basmati, brown and Jasmine)

SNACKS & SWEETS

- 88 Acres Dark Chocolate & Sea Salt bar
- Aleia's (almond cookie, PB cookie)
- Annie's Chewy chocolate chip bar
- Blue Diamond Almond Nut Thins
- Bobo bars (choc chip, banana)
- Go Macro bar (peanut butter, banana)
- Good Thins rice crackers
- Gum – Chiclets, Double Mint and Juicy Fruit
- Justin's Dark Chocolate PB Cups
- Kettle Baked Potato Chips (sea salt)
- Lundberg Rice Chips (sea salt)
- Mary's Gone Crackers (original)
- Nature Valley Crunchy bars (pecan, peanut butter, maple brown sugar)
- Outshine frozen fruit bar
- Rice Cakes
- Simply Gum (mint, cinnamon, ginger)
- Snyder's GF pretzels
- Tate's Bakeshop GF cookies (chocolate chip, ginger, double chocolate chip)
- Tostitos tortilla chips (plain)

CONDIMENTS & SAUCES

- Casa de Sante products
- Christo's Yasou Greek dressing
- Dijon mustard (French's, Grey Poupon)
- Hellman's mayonnaise
- Prego Sensitive marinara
- Rao's Sensitive marinara
- Texas Pete's Buffalo Wing sauce
- Wishbone Balsamic Vinaigrette

BEVERAGES

- Hansen's Natural soda
- Honest tea (lemon, half & half)
- LaCroix sparkling water
- Newman's Own lemonade
- R.W. Knudsen Just Cranberry juice
- Tazo Chai classic tea
- Simply Lemonade
- Silk Almond creamer
- Yoplait Lactose-free yogurt

ADDITIONAL ITEMS:

HELPFUL RESOURCES

Online help



Monash University phone app

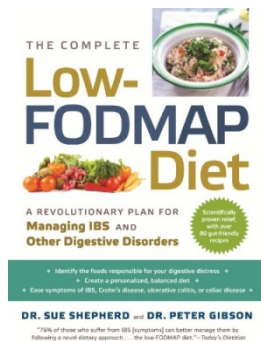


<http://www.myginutrition.com/fodmaps.html>

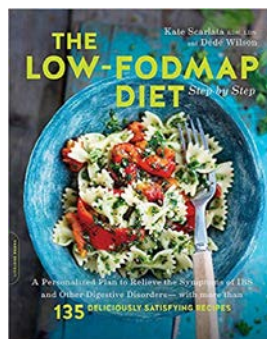
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KATE SCARLATA RDN, FODMAP & IBS EXPERT **blog**

<http://blog.katescarlata.com/>

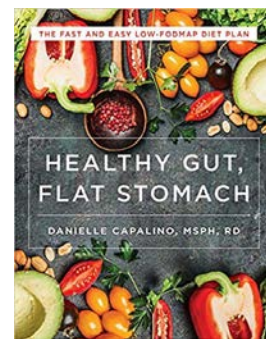
Paperbacks



By: Sue Shepherd



By: Kate Scarlata



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Low FODMAP Food Companies



<https://www.fodyfoods.com/>



<https://www.rachelpaulsfood.com/>

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