Low FODMAP Diet

Patient Education

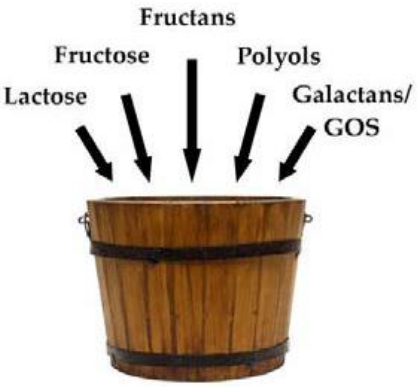
What is FODMAP?

FODMAP is a word made from the first letters of a group of sugars and carbohydrates found in food. These are carbs that can be hard for the small intestine to soak up. When they are not soaked up well, they move into the large intestine. There, the bacteria in your gut break them down. This can make extra gas and pull in water. For some people, this leads to bloating, belly pain, gas, and diarrhea — especially people with Irritable Bowel Syndrome (IBS).

- **F** – Fermentable (gut bacteria like to eat these)
- **O** – Oligosaccharides (found in wheat, onions, and garlic)
- **D** – Disaccharides (lactose — the sugar in milk)
- **M** – Monosaccharides (fructose — a sugar found in some fruits)
- **A** – And
- **P** – Polyols (sugar alcohols like sorbitol and mannitol)

How FODMAP Tolerance Works

Everyone is different. Some FODMAPs may bother you, while others may not. How much you can handle depends on your own body. Think of your gut like a bucket. Everyone's bucket is a different size. FODMAPs add up — so it's not just what you eat, but how much. When you eat more FODMAPs than your bucket can hold, the extra spills over into the large intestine. That's when you may get gas, bloating, or diarrhea.



All dietary FODMAPS go into the same "bucket".

FODMAPs do not cause IBS. Cutting them out will not cure your condition. The diet only helps lower symptoms. This diet is not for everyone. It is meant to be short-term — the strict part should last no more than **4 to 6 weeks**. It is not meant to be followed forever. Before starting, talk to your doctor to make sure other causes of your symptoms have been checked.

Who Might This Diet Help?

A low FODMAP diet may work best for people who:

- Have been diagnosed with IBS, Inflammatory Bowel Disease (IBD), or another gut disorder with symptoms like gas, bloating, belly pain, diarrhea, or constipation
- Have already tried basic changes (more fiber, more water, more exercise) without enough relief
- Have been tested for celiac disease and do not have it (this is important because cutting out wheat before testing can prevent accurate celiac testing
- Eat high FODMAP foods regularly

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- Are willing and able to change what they eat
- Do not have an eating disorder, serious mental health condition, or risk of not getting enough nutrition (these should be discussed with your doctor first)

The Three Phases of a Low FODMAP Diet

A low FODMAP diet has three steps:

1. **Restriction Phase:** You remove all high FODMAP foods from your diet for about 4 to 6 weeks. If your symptoms do not get better in that time, this diet may not be right for you, and you should talk to your doctor about other options.
2. **Reintroduction Phase:** If your symptoms improved, you slowly add back one FODMAP group at a time over 6 to 10 weeks. You eat a small amount of a food with one type of FODMAP, then a little more over 3 days, while writing down how you feel. This helps you figure out which FODMAPs bother you and which ones are okay.
3. **Personalization Phase:** Using what you learned, you create a long-term eating plan that includes as many foods as possible while avoiding only the specific FODMAPs that cause your symptoms. Most people can add back many foods they removed during the first phase.

Get Help from a Registered Dietitian

If you and your doctor decide a low FODMAP diet is a good idea, working with a Registered Dietitian (RD) who knows about gut health can make a big difference. The RD will:

- Help you find the main FODMAP foods causing your symptoms
- Make a food plan based on what you like to eat
- Make sure you are getting all the vitamins and nutrients you need
- Help you avoid being too strict with your diet, which can lead to missing important nutrients

The goal is to manage your symptoms while eating as many different healthy foods as possible.

FODMAP Food Lists

The lists below show the FODMAP level of many common foods.

- **AVOID:** These foods have the most FODMAPs and are most likely to cause symptoms.
- **LIMIT:** These foods are okay in small amounts. Follow the portion sizes listed to help keep symptoms away.
- **ALLOWED:** These foods have little or no FODMAPs. Eat these during the restriction phase.

FRUIT

AVOID	LIMIT	ALLOWED (½ cup unless noted)
Apple	Avocado, ⅛ of one	Banana, firm
Apricot	Blueberries, ¼ cup	Cantaloupe
Banana, ripe	100% cranberry juice, 4 oz	Clementine
Blackberries		Cranberries, raw
Boysenberry		Grapes
Canned fruit		Honeydew melon

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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		

VEGETABLES

AVOID	LIMIT	ALLOWED
Artichoke	Broccoli, ½ cup	Alfalfa sprouts
Asparagus	Butternut squash, ⅓ cup	Arugula
Beets	Cabbage, ½ cup	Bamboo shoots
Brussels sprouts	Celery, ¼ stalk	Bean sprouts
Cauliflower	Fennel, ½ cup	Bell pepper, any color
Garlic	Leek, leaves only	Bok choy
Green peas	Okra, 6 pods	Carrots
Mushrooms	Sweet corn, ½ cob	Cherry tomatoes
Onion	Sweet potato, ½ cup	Chili pepper
Sauerkraut	Tomato, canned, ½ cup	Collard greens
Snow peas	Tomato juice, ½ cup	Cucumber
Sugar snap peas	Zucchini, ⅓ cup	Eggplant
Sun-dried tomato		Green beans
Tomato paste		Kale
		Lettuce, any kind
		Parsnip
		Pickle, dill or sour
		Potatoes
		Pumpkin
		Radish
		Seaweed/nori
		Scallion, green top only
		Spinach
		Summer/yellow squash
		Swiss chard
		Tomato, fresh
		Turnip
		Water chestnuts

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GRAINS

AVOID	LIMIT	ALLOWED
All-purpose flour	Amaranth, ½ cup	Buckwheat flour
Barley	Oatmeal, ½ cup	Oat bran
Baked goods made with wheat flour	Breakfast cereal made with rice or corn, ½ cup	Oat flour
Bran flakes	Sourdough bread, 1 slice	Gluten-free bread*
Bulgur wheat		Gluten-free cereal*
Couscous		Gluten-free pretzels
Crackers made with wheat		Gluten-free crackers*
Enriched flour		Grits
Graham flour		Corn, rice, or quinoa pasta
Pasta (wheat-based)		Corn tortillas
Rye		Corn tortilla chips
Semolina flour		Cornmeal
Sprouted wheat		Millet
Wheat berries		Polenta
White flour		Popcorn
Whole wheat flour		Potato
Bread — white, wheat, rye, multigrain		Potato chips
		Quinoa
Cereals made with wheat, rye, or barley		Rice cakes
		Rice (brown, white, wild)
High-fiber bread, cereal, or granola bar made with chicory root/inulin		Rice bran
		*with appropriate sweeteners

MEAT AND PROTEIN

AVOID	ALLOWED
Meat with breading from wheat or rye	Beef
Sauces and marinades with agave syrup, fructose, high fructose corn syrup, honey, or molasses	Buffalo
	Turkey
	Seafood/shellfish
Meat seasoned with onion or garlic powder	Chicken
	Duck
	Egg
	Fish, any kind
	Lamb
	Pork

DAIRY AND DAIRY SUBSTITUTES

AVOID	LIMIT	ALLOWED
Buttermilk	American cheese, 1 oz	Cheese: brie, camembert, cheddar, Colby, feta, Havarti, mozzarella, Swiss, parmesan
Sweetened condensed milk	Coconut milk, 4 oz	
Yogurt	Greek yogurt, 4 oz	
Cottage cheese	Goat cheese, 1 oz	Cottage cheese, lactose-free

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Cream cheese		Dry curd cottage cheese
Custard		Kefir
Dry milk solids		Milk, lactose-free
Eggnog		Almond milk
Evaporated milk		Rice milk
Half and half		Yogurt, lactose-free*
Ice cream		
Milk (cow, goat, sheep)		*with appropriate sweetener
Ricotta cheese		
Sour cream		

PLANT PROTEINS (LEGUMES)

AVOID	LIMIT	ALLOWED
Baked beans	Chickpeas, ¼ cup	Quorn
Black beans	Lentils, canned, ½ cup	Tempeh
Butter beans		Tofu, firm
Fava beans		
Kidney beans		
Lima beans		
Navy beans		
Soybeans/edamame		
Split peas		
White beans		

FATS AND OILS

AVOID	LIMIT	ALLOWED
Miracle Whip	Coconut cream, ½ cup	Butter
Most store-bought salad dressing		Margarine
		Garlic-infused olive oil
		Mayonnaise, real
		Oils: canola, coconut, olive, peanut, sesame, soybean, sunflower, vegetable

BEVERAGES

AVOID	LIMIT	ALLOWED
Chai tea (with chicory root)	Beer, 12 oz	Black tea
Chamomile tea (with chicory root)	Chai tea, weak	Coffee
	Wine, 4–6 oz	White tea
Fennel tea	Coconut water, 4 oz	Espresso
Oolong tea	Coconut milk, 4 oz	Green tea
Rum	Dandelion tea, weak	Peppermint tea
Soda made with high fructose corn syrup	Spirits (gin, vodka, whiskey, scotch), 1 shot	
Soy milk	Herbal tea, weak	

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SEASONINGS

AVOID	LIMIT	ALLOWED
Chicory root, extract, or fiber	Cocoa powder, 1 tbsp	Baking powder
Chipotle chili, dried	Balsamic vinegar, 1 tbsp	Baking soda
Garlic salt and powder		Baker's yeast
Hydrogenated starch hydrolysates		Cinnamon
		Herbs, fresh and dried
Inulin		Corn starch
Onion salt and powder		Cumin
		Dry mustard powder
		Fish sauce
		Five spice
		Ginger
		Ground chili powder
		Guar gum

SWEETENERS

AVOID	LIMIT	ALLOWED
Agave syrup	Dark chocolate, 1 oz	Baker's sugar
Carob powder	Semi-sweet chocolate, 1 oz	Beet sugar
Erythritol	Jam/jelly*, 1.5 tbsp	Brown sugar
Fructooligosaccharide (FOS)	Sorbet*, ½ cup	Brown rice syrup
Fructose		Cane sugar
Fructose solids	*with appropriate sweetener	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 MEAL IDEAS

Breakfast

- ½ cup oatmeal + ½ cup fresh berries + 1–2 tbsp walnuts + lactose-free milk

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- 2 eggs + gluten-free or sourdough toast + ½ cup cantaloupe + coffee or tea
- Egg omelet with cheese, spinach, and tomatoes + hash browns + 1 orange
- Cold cereal (Rice Krispies, Corn Flakes, Corn or Rice Chex, or Cheerios) + 1 medium banana + lactose-free milk
- Gluten-free or sourdough bread + 2 tbsp peanut butter + lactose-free yogurt + 4 oz 100% cranberry juice
- Cream of rice cereal + 1 tsp brown sugar + ¼ cup blueberries + coffee or tea
- Gluten-free pancakes or waffles + 2 tbsp pure maple syrup + 2 sausage patties + lactose-free milk
- Smoothie: lactose-free yogurt + ½ banana + ¼ cup strawberries + ice cubes

Lunch and Dinner

- Sandwich: gluten-free or sourdough bread, deli turkey, cheese, lettuce, tomato, mayonnaise + ½ cup grapes + plain potato chips
- Homemade chicken and rice soup + rice crackers + ½ cup mandarin oranges
- Quesadilla: corn tortilla, chicken, cheese, tomato + 2 tbsp avocado + baby carrots
- Tossed salad with chicken or tuna, cucumber, tomato, carrot, feta, olive oil and balsamic vinegar + rice cakes + 2 kiwi
- 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 with butter + roasted carrots
- Gluten-free mac and cheese (made with lactose-free milk) + sautéed spinach
- Baked pork chop + ½ cup sweet potato + tossed salad with tomato and cucumber, olive oil and vinegar
- Grilled fish + quinoa with sautéed celery, broccoli, and carrots + ½ cup raspberries

Helpful Resources

- Monash University FODMAP App — A trusted source for up-to-date FODMAP food ratings
- myginutrition.com — Information about FODMAPs and gut health
- katescarlata.com — Tips and recipes from a FODMAP-specialized dietitian
- fodyfoods.com — Low FODMAP food products
- rachelpaulsfood.com — Low FODMAP food products

If you have any additional questions, please contact our office **612-871-1145**

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