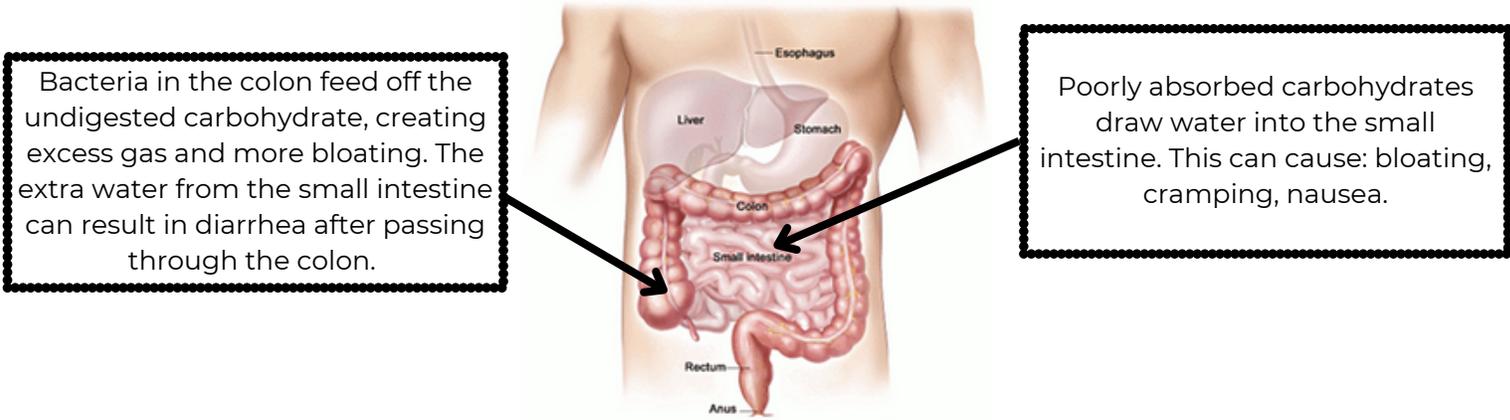


Low FODMAP Diet

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.



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 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 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 a 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.

Low FODMAP diet phases:

- Low FODMAP diet phase: high FODMAP foods are reduced or replaced with low FODMAP alternatives for 2-6 weeks under the supervision of a GI dietitian.
- Re-Challenge phase: high FODMAP foods are reintroduced into the diet in an organized way with the guidance of a GI dietitian. Symptoms are observed and problematic FODMAPs are identified. This process takes 6-8 weeks.
- Final phase: high FODMAP foods are incorporated back into the diet as tolerated. Only FODMAPs that trigger symptoms are restricted.

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 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 foods.

- ‘High’ foods are high in FODMAPs and should be AVOIDED.
- ‘Moderate’ foods are moderate in FODMAPs and portions should be LIMITED.
- ‘Low’ foods are low in FODMAPs and are ALLOWED.

Fruit	High (Avoid)	Moderate (Limit)	Low (Allowed)
Apple		Avocado, ½ medium	Banana, firm
Apricot		Grapefruit, ½ cup	Blueberries
Banana, ripe		Pomegranate, 1/3 cup	Cantaloupe
Blackberries		Raspberries, ½ cup	Dragon fruit
Boysenberry			Honeydew melon
Canned fruit			Kiwi
Cherries			Lemon
Dried fruit			Lime
Fruit juice			Mandarin orange
Figs			Orange
Grapes (red and green)			Papaya
Mango			Passionfruit
Nectarine			Plantain
Peach (all varieties)			Pineapple
Pear			Rhubarb
Persimmon			Strawberries
Plum			
Watermelon			

FODMAP Food List

Vegetables

High (Avoid)	Moderate (Limit)	Low (Allowed)
Artichoke	Acorn squash, 1/3 cup	Alfalfa sprouts
Asparagus	Bell pepper, red & yellow	Arugula
Beets	Butternut squash, 2/3 cup	Bamboo shoots
Brussels sprouts	Celery, 1/3 stalk	Bean sprouts
Cauliflower	Corn, ¼ cob	Bell pepper, green
Fennel bulb	Delicata squash, 1/3 cup	Bok choy
Garlic	Okra, 7 pods	Broccoli
Green peas	Pumpkin (canned), ½ cup	Cabbage
Leek bulb	Sugar snap peas, 7 pods	Carrots
Mushrooms	Sun dried tomato, 4 pieces	Chili pepper
Onion	Sweet potato, 2/3 cup	Collard greens
Sauerkraut	Tomato, canned 2/3 cup	Cucumber
	Tomato, cherry (6 total)	Eggplant
	Tomato, fresh ½ medium	Green beans
	Tomato juice, 2/3 cup	Ginger
	Tomato paste, 1/3 cup	Kale
	Yellow squash, 2/3 cup	Leek, leaves only
	Zucchini, 1/3 medium	Lettuce, any variety
		Parsnip
		Potatoes
		Pumpkin
		Radish
		Rutabaga
		Seaweed/nori
		Scallion, green top
		Snow peas
		Spinach
		Tomatillo
		Turnip

FODMAP Food List

Grains & Starches

High (Avoid)	Moderate (Limit)	Low (Allowed)	
Barley	Almond flour, 1/3 cup	Corn products: <ul style="list-style-type: none"> • corn chips • cornmeal • corn tortillas • grits • popcorn Some Gluten-free products: <ul style="list-style-type: none"> • Flour (buckwheat, corn, potato, oat, rice, tapioca) • Bread • Pasta (corn, rice, quinoa) • Crackers (rice or corn) 	
Rye	Oats, ½ cup (dry)		
Wheat-based products: <ul style="list-style-type: none"> • All-purpose and whole wheat flour • Baked goods made with wheat • Bread (white, whole wheat, rye, multigrain) • Bread crumbs (made from wheat or rye) • Bran flakes • Breakfast cereals (made with wheat or rye) • Bulgar • Couscous • Crackers (made with wheat or rye) • Pasta • Sprouted wheat • Wheat berries 			
			Millet
			Quinoa
			Rice (brown, white, wild)
			Sourdough bread
Check ingredients label on all gluten-free and pre-packaged items for other FODMAPs			

Animal Protein

High (Avoid)	Moderate (Limit)	Low (Allowed)
Meat prepared with: <ul style="list-style-type: none"> • breading from wheat or rye • sauces and marinades containing agave syrup, fructose, high fructose corn syrup, honey, and molasses • onion or garlic 		Beef
		Buffalo
		Chicken
		Duck
		Eggs
		Fish, any kind
		Lamb
		Pork
		Seafood/shellfish
		Turkey
	Venison	

FODMAP Food List

Dairy & Non-Dairy

High (Avoid)	Moderate (Limit)	Low (Allowed)
Cottage cheese	American cheese, 1 oz	Butter
Custard	Coconut milk, ½ cup	Cheese (most types)
Evaporated milk	Cream cheese, 4 tbsp	Lactose free cottage cheese
Ice cream	Greek yogurt, 1/3 cup	Lactose-free yogurt
Milk: Buttermilk, Cow, Goat, Sheep, Soy	Kefir, 3 tbsp	Milk: almond, lactose-free, macadamia, rice, oat
Sweetened condensed milk	Ricotta cheese, ½ cup	
Yogurt (cow or soy)	Sour cream ¼ cup	

Plant Protein

High (Avoid)	Moderate (Limit)	Low (Allowed)
Baked beans	Edamame, 1 ½ cups	Tempeh
Black beans	Chickpeas, ¼ cup	Tofu, firm
Butter beans	Lentils, canned ½ cup	
Fava beans	Lima beans, ¼ cup	
Kidney beans	Silken tofu, 2 tbsp	
Soybeans		
Split peas		

Nuts & Seeds

High (Avoid)	Moderate (Limit)	Low (Allowed)
Cashews	Almonds, 10 total	Almond butter
Pistachios	Pine nuts, 2 tsp	Brazil nuts
		Hazelnuts
		Macadamia nuts
		Peanut butter
		Pecans
		Pine nuts
		Seeds (chia, flax, hemp, pumpkin, sesame, sunflower)
		Walnuts

FODMAP Food List

Fats/Oils

High (Avoid)	Moderate (Limit)	Low (Allowed)
Miracle Whip	Coconut cream, ¼ cup	Butter
Commercial salad dressing with onion and garlic		Margarine
		Mayonnaise, real
		Oils: canola, coconut, olive, peanut, sesame, soybean, sunflower and vegetable
		Garlic-infused olive oil

Beverages

High (Avoid)	Moderate (Limit)	Low (Allowed)
Chamomile tea	Beer, 12 oz	Black tea, weak
Coconut water	Spirits (gin, vodka, whiskey, scotch), 1 shot	Chai tea, weak
Fennel tea	Wine, 4-6 oz	Coffee
Herbal tea (with chicory root)		Dandelion tea, weak
Oolong tea		Espresso
Rum		Green tea
Soda, made with HFCS		Peppermint tea
		White tea

Seasonings & Food Additives

High (Avoid)	Moderate (Limit)	Low (Allowed)
Chicory root, extract or fiber	Chipotle chili (dried), 1 tsp	Baking powder
Garlic salt and powder	Vinegar, balsamic, 1 tbs	Baking soda
Inulin		Baker's yeast
Onion salt and powder		Onion and garlic free seasonings
		Herbs, fresh and dried

FODMAP Food List

Sweeteners

High (Avoid)	Moderate (Limit)	Low (Allowed)
Agave syrup	Chocolate, dark, 1 oz	Brown sugar
Carob powder		Brown rice syrup
Coconut sugar		Cane sugar
Fructooligosaccharide (FOS)		Cane syrup
Fructose		Confectioner's sugar
Fructose solids		Corn syrup
Fruit juice concentrates (pear and apple)		Corn syrup solids
High fructose corn syrup		Dextrose
Honey		Glucose
Isomalt		Glucose syrup
Lactitol		Granulated sugar
Maltitol		Palm sugar
Mannitol		Pure maple syrup
Molasses		Raw sugar
Polydextrose		Stevia
Sorbitol		Sucrose
Xylitol		

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 pancakes/waffles
- 2 Tbsp pure maple syrup
- 2 sausage patties
- 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
- 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

- Grilled chicken
- baked potato w/ butter
- roasted carrots
- Baked pork chop
- ½ cup sweet potato
- tossed salad with tomato and cucumber, olive oil/vinegar

Quesadilla:

- corn tortilla, chicken, cheese, tomato
- 2 Tbsp avocado
- Baby carrots

- Tossed salad w/ chicken/tuna, Cucumber, tomato, carrot, feta, carrots
- Olive oil and balsamic vinegar
- Rice cakes
- 2 kiwi fruit
- GF mac and cheese (made w/ Lactose-free milk)
- Sautéed Spinach

- Homemade chicken & rice soup
- Rice crackers chicken
- ½ cup mandarin oranges
- Firm tofu sautéed with bok choy, red bell pepper, broccoli, green tops of scallion
- soy sauce and ginger
- white or brown rice
- Grilled fish
- Quinoa w/ sautéed celery, broccoli, carrot
- ½ cup raspberries

Low FODMAP Products

CEREALS

- Cheerios (select varieties)
- Chex (corn, rice)
- Kellogg's (select varieties)
- KIND granola (dark chocolate, PB)
- Nature's Path granola (pumpkin seed, vanilla almond, chocolate PB, double chocolate)
- Nature's Path Envirokidz (Gorilla Munch, Panda Puffs)

BREADS

- Corn tortillas
- Eggo GF waffle
- Food For Life GF English muffin
- Ian's GF panko
- Mama Mary's or Udi's GF pizza crust
- Rudi's GF plain tortilla
- Sourdough bread
- Udi's GF white sandwich bread

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, oatmeal chocolate chip, double dark chocolate, cinnamon maple)
- Annie's Chewy Granola Bars (chocolate chip, PB chocolate chip)
- Blue Diamond Nut Thins (pecan, sea salt, original, sesame, multi-seed, flax)
- Bobo bars (select flavors)
- Good Thins rice crackers (simply salt, sesame, poppy and sesame, mixed seed)
- Gum – Simply Gum, Juicy Fruit Bubble, Wrigley's Doublemint
- Justin's PB Cups (all PB cup flavors)
- Kettle Baked Potato Chips (sea salt, sea salt and vinegar, unsalted)
- Mary's Gone Crackers (original, black pepper)
- Nature Valley Crunchy bars (pecan, peanut butter, maple brown sugar)
- Rice Cakes (plain)
- Snyder's GF pretzels (plain)
- 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
- Smoke N Sanity products

DAIRY

- Breyer's Lactose-free ice cream
- Fairlife milk
- Green Valley Lactose-free yogurt, sour cream and cream cheese
- Lactaid milk and ice cream
- Lifeway Kefir
- Silk Almond creamer
- Yoplait Lactose-free yogurt

BEVERAGES

- Honest tea (lemon, half & half)
- LaCroix sparkling water
- Newman's Own (lemonade, limeade, Arnie Palmer)
- R.W. Knudsen Just Cranberry juice
- Tazo Chai classic tea
- Simply Lemonade

ADDITIONAL ITEMS:

Helpful Resources

Online Help



Monash University
App for Phone

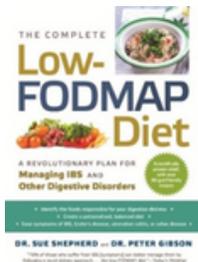


<https://myginutrition.com/>

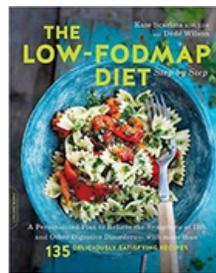


<http://blog.katescarlata.com/>

Books



By: Sue Shepherd



By: Kate Scarlata



By: Danielle Capalino

Low FODMAP Food Companies



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



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



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

Low FODMAP Food Delivery



<https://modifyhealth.com/products/>



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