

THE LOW FODMAP DIET

(FODMAP = FERMENTABLE OLIGO-DI-MONOSACCHARIDES AND POLYOLS)

What are FODMAPS?

FODMAPS are the carbohydrates (sugars) found in foods. When they are not digested or absorbed well, intestinal bacteria may ferment FODMAPS when eaten in excess. The fermentation leads to gas, bloating, cramping, and/or diarrhea.

What is the Low FODMAPS Diet?

The FODMAP Diet is designed for individuals who may be sensitive to FODMAPS. When followed, it may help reduce the aforementioned symptoms.

Who uses the Low FODMAPS Diet?

The Low FODMAPS Diet is often used in individuals with irritable bowel syndrome (IBS). It may also benefit individuals who suffer from inflammatory bowel disease.

FODMAP CHOICES

Food Group	Foods to Eat:	Foods to Limit:
Meat, Poultry, Fish, and Eggs	Beef, Chicken, Canned Tuna Eggs, Egg Whites, Fish, Lamb, Pork, Shellfish, Turkey, Cold Cuts	Foods made with high FODMAP sauces or with HFCS
Dairy	Lactose Free, Small amounts of cream cheese, half & half, hard cheeses (cheddar, colby, parmesan, swiss), mozzarella, sherbet	Buttermilk, chocolate, cottage cheese, ice cream, creamy sauces, milk, sweetened condensed milk, brie, ricotta sour cream, whipped cream, yogurt
Meat, Non-Dairy Alternatives	Almond Milk, Rice Milk, Nuts Nut Butter, Seeds	Coconut milk, coconut cream, beans, black eyed peas, hummus, lentils, pistachios, soy products
Grains	wheat free grains & flours, (gluten free grains are wheat free) bagels, breads, hot/cold cereals, crackers, noodles, pastas, quinoa, pancakes, pretzels, rice, tortillas	chicory root, grains with HFCS, flour tortillas, rye, wheat flours
Fruits	bananas, berries, cantaloupe grapes, grapefruit, kiwi, lemon, lime, orange, pineapple, tangerine	avocado, apples, applesauce canned fruit, cherries, mango peaches, plums, watermelon

Vegetables	bell peppers, cucumbers carrots, celery, corn, lettuce, leafy greens, brussel sprouts, cabbage, pumpkin, potatoes, squash, yams, tomatoes, zucchini	asparagus, beets, broccoli, green beans, mushrooms
Beverages	low FODMAP fruit/veggie juices, coffee, tea	any with HFCS, high FODMAP fruit/veggie juices, fortified wines
Seasonings, Condiments	most spices and herbs, butter, chives, flaxseed, olives, garlic or onion powder, olive oil, pepper, salt, sugar, mustard, soy sauce, marinara sauces, vinegar, balsamic vinegar	agave, coconut, garlic, honey, jams, jellies, molasses, onion, pickle, relish, artificial sweeteners, mannitol, xylitol

Tips for a Low FODMAP Diet:

- Follow the diet for 6 weeks. After 6 weeks, slowly reintroduce high FODMAP foods into your diet to help identify "trigger" foods. Note those triggers and limit their consumption.
- Read Food Labels.
- Buy gluten free grains as they are wheat free.