

The Low FODMAP Diet (FODMAP=Fermentable Oligo-Di-Monosaccharides and Polyols)

FODMAPs are carbohydrates (sugars) that are found in foods. Not all carbohydrates are considered FODMAPs.

The FODMAPs in the diet are:

- Fructose (fruits, honey, high fructose corn syrup (HFCS), etc)
- Lactose (dairy)
- Fructans (wheat, garlic, onion, inulin etc)
- Galactans (legumes such as beans, lentils, soybeans, etc)
- Polyols (sweeteners containing isomalt, mannitol, sorbitol, xylitol, stone fruits such as avocado, apricots, cherries, nectarines, peaches, plums, etc)

FODMAPs are osmotic (means they pull water into the intestinal tract), may not be digested or absorbed well and could be fermented upon by bacteria in the intestinal tract when *eaten in excess*

Symptoms of diarrhea, constipation, gas, bloating and/or cramping may occur in those who could be sensitive to the effects of FODMAPs. A low FODMAP diet may help reduce symptoms, which will limit foods high in fructose, lactose, fructans, galactans and polyols.

The low FODMAP diet is often used in those with irritable bowel syndrome (IBS). The diet could be possibly used in those with similar symptoms arising from other digestive disorders such as inflammatory bowel disease.

This diet will also limit fiber as some high fiber foods are also high in FODMAPs (Fiber is a component of complex carbohydrates that the body cannot digest, found in plant based foods such as beans, fruits, vegetables, whole grains, etc)

Food Group	Low FODMAPs	High FODMAPs (avoid)
Eggs, Meats, Poultry, Fish	beef, chicken, deli slices, eggs, fish, lamb, pork, shellfish, turkey	made with HFCS/foods to limit
Dairy	lactose free dairy (any), <u>low lactose dairy</u> : cream cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss, etc), soft cheeses (brie, feta, mozzarella, etc), sherbet, yogurt (greek), whipped cream	<u>high lactose dairy</u> : buttermilk, chocolate, creamy/cheesy sauces, custard, ice cream, milk (cow's, goat's, sheep's, condensed, evaporated), soft cheeses (cottage, ricotta, etc), sour cream
Meat, Non-Dairy Alternatives	milk alternatives (almond, coconut, rice, soy (made from soy protein)), nuts (walnut, macadamia, peanut, pecan, pine), nut butters, tempeh, tofu	cashews, beans, black eyed peas, bulgur, lentils, miso, pistachios, soybeans, soy milk (made from soybeans)
Grains	<u>made with gluten free/spelt grains (corn, oats, potato, quinoa, rice, tapioca, etc)</u> : bagels, biscuits, breads, cereals, chips, crackers, noodles, pancakes, pastas, pretzels, tortillas, waffles oatmeal, oat bran, popcorn, quinoa, rice, rice bran	made with wheat/barley/rye when it's the major ingredient, gluten free/spelt grains made with foods to limit, chicory root, inulin
Fruits	bananas, blueberries, cantaloupe, cranberries, grapes, honeydew, kiwi, lemon, lime, mandarin, orange, passion fruit, pineapple, raspberries, rhubarb, strawberries, tangerine	apples, applesauce, apricots, blackberries, boysenberries, canned fruit, dates, dried fruits, figs, guava, mango, nectarines, papaya, peaches, pears, plums, persimmon, prunes, watermelon
Vegetables	alfalfa/bean sprouts, bamboo shoots, bell peppers, bok choy, carrots, cabbage (common), cucumbers, eggplant, green beans, kale, lettuce, parsnips, pumpkin, potatoes, radishes, rutabaga, seaweed (nori), spinach, squash, tomatoes, turnips, water chestnuts, zucchini	artichokes, cauliflower, mushrooms, sugar snap peas
Desserts	made with foods allowed	made with HFCS/foods to limit
Beverages	fruit and vegetable juices/smoothies made with foods allowed (limit to ½ cup at a time), coffee, tea	made with HFCS/foods to limit, fortified wines (sherry, port)
Seasonings, Condiments	jam, jelly, pickle, relish, salsa, sauce, salad dressing made with foods allowed, most spices and herbs, broth (homemade), butter, chives, cooking oils, garlic/onion infused oil, maple syrup without HFCS, mustard, margarine, mayonnaise, onion (spring-green part), olives, pepper, pesto, salt, seeds (chia, flax, pumpkin, sesame, sunflower), sugar, soy sauce, vinegar	chutney, jam, jelly, pickle, relish, salsa, sauce or salad dressing made with HFCS/ foods to limit, agave, garlic, garlic salt/powders, honey, hummus, molasses, onions (brown, leeks, shallots, spanish, white, spring-white part), onion salt/powders, tomato paste, artificial sweeteners (isomalt, mannitol, sorbitol, xylitol)

Moderate FODMAPs (limit)

There are some foods that are considered moderate FODMAPs. Follow the serving sizes listed below for these foods. Avoid the foods only if you have symptoms.

Fruits	Vegetables	Nuts
¼ avocado <3 cherries ½ grapefruit (medium) <10 longon <5 lychee ½ pomegranate (small) <3 rambutan < ¼ cup shredded coconut <10 dried banana chips	¼ cup artichoke hearts (canned) <3 asparagus spears 4 beet slices < ½ cup broccoli < ½ cup brussels sprouts < ¼ cup butternut pumpkin < 1 cup cabbage (savoy) 1 celery stick < ½ cup green peas 3 okra pods <10 pods snow peas ½ corn cob < ½ cup sweet potato	< 10 almonds < 10 hazelnuts

Tips for a low FODMAP diet:

- Review food lists, collect recipes and go grocery shopping first. Once you are ready, start and follow the diet for 6 weeks.
- Read food labels. Avoid foods made with high FODMAP fruits/vegetables, HFCS, honey, inulin, wheat, soy, etc. However, a food could be low in FODMAPs if a high FODMAP food is listed at the end of the ingredient list.
- Buy gluten free grains as they do not have wheat, barley or rye in them. However, you do not need to be on a strict gluten free diet as the focus is to limit FODMAPs, not gluten.
- Limit serving sizes for low lactose dairy to small amounts and low FODMAP fruits/vegetables to a ½ cup per meal (½ cup=size of a tennis ball) if you have symptoms after eating these foods. The symptoms could be related to eating large amounts of FODMAPs all at once.
- Include low FODMAP foods rich in fiber such as oatmeal if you develop constipation while on the diet. Drink plenty of water as well.
- After the trial is over, add high FODMAP foods one at a time back in the diet in small amounts to identify foods that could be "triggers" to your symptoms. Limit those foods if so.

Low FODMAP Meals and Snack Ideas

- gluten free waffle with walnuts, blueberries, maple syrup without HFCS
- eggs scrambled with spinach, bell peppers and cheddar cheese
- oatmeal topped with sliced banana, almonds and brown sugar
- fruit smoothie blended with lactose free vanilla yogurt and strawberries (½ cup)
- rice pasta with chicken, tomatoes, spinach topped with pesto sauce
- chicken salad mixed with chicken, lettuce, bell peppers, cucumbers, tomatoes, balsamic vinegar salad dressing without HFCS
- turkey wrap with gluten free tortilla, sliced turkey, lettuce, tomato, slice of cheddar cheese slice, mayonnaise, mustard
- ham and swiss cheese sandwich on gluten free bread, with mayonnaise, mustard
- quesadilla with corn or gluten free tortilla and cheddar cheese
- beef and vegetable stew (made with homemade broth, beef, allowed vegetables)

Resources:

The Monash University Low FODMAP Diet Department of Gastroenterology, Monash University

"Extending Our Knowledge of Fermentable, Short Chain Carbohydrates for Managing Gastrointestinal Symptoms" Nutrition in Clinical Practice June 2013

"A FODMAP Diet Update: Craze or Credible?" Nutrition Issues in Gastroenterology December 2012

"Evidence Based Dietary Management of Functional Gastrointestinal Symptoms: The FODMAP Approach" Journal of Gastroenterology and Hepatology February 2010

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Direct inquiries to Digestive Health Center at Stanford Hospital and Clinics

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FODMAP DIET

Ever since I [posted](#) about how a low FODMAP carbohydrate diet has been amazing for my IBS issues (major gassiness, constipation and lethargy), I've been receiving almost a new email every week from people looking for a complete list of these foods so they can implement it too. Apparently a LOT of people have these gut issues and it's not pleasant for anyone. Since I've been sending this list out, though, there have been a lot of success stories. I personally have never been happier and no medication or therapy has ever been this beneficial for me.

These past few weeks have been really stressful for me though as I'm moving into my own bootcamp location and have been writing for more and more companies. So, I wasn't sticking to the low FODMAP food list as closely as I should have and my gut has been suffering. But, once I took the FODMAPS out, it's been much better.

In any matter - to make it easy for everyone who wants to know what to eat and not to eat, I'm posting the complete FODMAP list here for you all. Now, I want to disclaim that this is not a list intended to cure or treat every single person out there, and you still need to listen to your own body to find out what works best for you, versus someone else. You're your own best health advocate, so listen to your own gut instinct (no pun intended) :)

Here is the complete FODMAP list I've found works best for most people:

ELIMINATING FODMAPs

FRUITS TO AVOID:

Excess Fructose fruit:

- Apple
- Mango
- Nashi fruit
- Pear
- Persimmon
- Rambutan
- Watermelon

Excess Fructan fruit:

- Persimmon
- Rambutan
- Watermelon

Excess Polyol fruit:

- Apple
- Apricot
- Avocado
- Blackberries
- Cherries
- Longon
- Lychee
- Nashi Fruit
- Nectarine
- Peach
- Pear
- Plum
- Prune
- Watermelon

SUITABLE FRUITS:

Banana
Blueberries – buy organic
Boysenberry – buy organic
Cantaloupe
Star fruit
Cranberry – buy organic
Durian
Grapes – buy organic
Grapefruit
Honeydew melon
Kiwi
Lemon
Lime
Mandarin
Orange
Passion fruit
Paw paw
Pineapple
Raspberry – buy organic
Rhubarb
Strawberry – buy organic
Tangelo

Suitable dried fruits (some people are ok with dried fruits, others are not):

Banana chips
Cranberries (often are coated in sugar – only eat if not sweetened)
Currants
Paw paw
Pineapple (often are coated in sugar – only eat if not sweetened)
Sultanas
Raisins (may not be suitable for everyone...)

Special notes on fruit:

Limit intake of suitable fruits to one serve per meal.
e.g. One whole banana or orange.
Third to half a glass of suitable juice.
Small handful of berries or grapes.
Small amount of suitable dried fruit (e.g. 10 sultanas).

VEGETABLES TO AVOID:

Excess Fructose vegetables:

Sugar snap peas

Excess Fructan vegetables:

Artichokes (Globe & Jerusalem)
Asparagus
Beet
Brussel Sprouts
Cabbage
Chicory
Dandelion leaves
Fennel



Garlic
Leek
Legumes
Okra
Onion (brown, white, & Spanish)
Peas
Radicchio lettuce
Shallot
Spring onion (white section).

Excess Polyol vegetables:

Avocado
Cauliflower
Mushrooms
Snow peas

SUITABLE VEGETABLES:

Alfalfa
Bamboo shoots
Bean shoots
Beans (green)
Bok choy
Broccoli (may not be suitable for everyone...)
Capsicum
Carrot
Celery
Chives
Choy sum
Corn (raw corn may bother some people)
Cucumber
Endive
Eggplant (this may be troublesome for some; check individual tolerance)
Ginger
Lettuce (may be ok or not)
Marrow
Olives
Parsnip

Parsley
Potato
Pumpkin
Silverbeet
Spring onion (green section)
Spinach
Squash (this may be troublesome for some; check individual tolerance)
Swede
Sweet potato
Taro
Tomato (cherry tomatoes often are moldy – try to avoid)
Turnip
Yam
Zucchini (this may be troublesome for some; check individual tolerance)

Special notes on vegetables:

Onion is one of the greatest contributors to IBS. Strict avoidance is recommended.

Avoid:

- Onion (brown, white & Spanish), Onion powder, White section of spring onion.
- Leeks, Shallots, Garlic.

There is undeclared onion hidden in many processed foods including, chicken salt, vegetable salt, vegetable powder, dehydrated vegetables, stocks, gravies, soups, marinades, & sauces.

Alternatives:

- Chives
- Green part of spring onion
- Asafoetida powder (* contains gluten).
- Fresh & dried ginger, coriander, basil, lemongrass, chili, mint, parsley, marjoram, oregano, thyme, rosemary & others.

PROBLEM WHEAT & Rye products:

Bread (white, wholemeal, multigrain, sourdough, pita, & many rye)
 Pasta & noodles (regular, two minute, spelt, egg noodles, hokkien & udon)
 Breakfast cereals (containing wheat, excess dried fruit &/or fruit juice).
 Savoury biscuits (wheat based)
 Cakes & baked goods (wheat based)
 Sweet biscuits (wheat based)
 Pastry & breadcrumbs (wheat flour made)
 Others (semolina, couscous, bulger)

ALTERNATIVES to WHEAT Grains:

Rice
 Corn (may bother some people)
 Potato
 Amaranth
 Tapioca
 Quinoa
 Millet
 Sorghum
 Buckwheat
 Arrowroot
 Sago

ALTERNATIVES to WHEAT Products: (DO NOT RELY ON THESE - eat real food instead)

Gluten free bread
 Gluten free pasta, rice noodles, wheat free buckwheat noodles.
 Porridge, wheat free muesli, rice bubbles, corn flakes, & gluten free cereals.
 Corn thins, rice cakes & crackers, gluten free crackers, ryvitas, & rye cruskits.
 Gluten free cakes, flourless cakes.
 Gluten free biscuits.
 Gluten free pastry mixes, & bread crumbs, polenta, cornflake crumbs.
 Buckwheat, polenta, millet, sorghum, sago, tapioca, rice, & corn flours.

Special notes on Wheat:

- Wheat free Rye is tolerable for most (assess individually).
- Small amounts of wheat, such as breadcrumbs, may be tolerable (assess individually).
- Those with diagnosed Coeliac disease should eliminate gluten from their diet.
- Gluten free foods do not contain wheat, rye oats & barley.
- o A low FODMAP diet allows oats & barley.
- Trace amounts of wheat ingredients such as soy sauce should not be a problem.
- Many wheat derived products such as wheat starch, wheat thickeners, wheat maltodextrin,

wheat dextrin, wheat dextrose, wheat glucose, & wheat color caramel are fructan free glucose chains & should be safe to eat.

OTHER FODMAPs FOODS (containing, FRUCTOSE &/or Fructans) to AVOID:

- Honey
- Corn syrups
- Corn syrup solids
- Fruisana
- Chickory
- Dandelion tea
- Inulin
- Artificial sweeteners (see GOS)
- Sugar free or low carb sweets, mints, gums, & dairy desserts.
- Baked beans, lentils, & chick peas

Alternatives:

- Golden syrup
- Treacle
- Molasses
- Maple syrup
- White, brown, raw & castor sugar (sucrose) eaten in moderation.
- Tea, coffee, & herbal teas
- Nuts & seeds (moderation)
- Oat bran
- Barley bran.
- Psyllium.
- Rice bran.
- Suitable sweeteners (nutrasweet, sucralose, aspartame, stevia, saccharine, tic tacs, minties, regular gum).

Special comments:

- Limit alcohol intake.
- Avoid alcohol which is high in indigestible carbohydrate, such as beer.
- Clear spirits such as Vodka & Gin with water/soda flavored with fresh suitable fruit in moderation is preferable.
- Drink plenty of water.
- Eat in moderation.
- Chew your food well.
- Limit processed foods (hidden FODMAPs & irritants).
- Limit or avoid processed meats ((hidden FODMAPs & irritants).
- Fresh fruit, vegetables, & whole meats/fish are best.

POSTED MAY 27, 2011 BY CASSANDRA FORSYTHE.

