

Low FODMAP Diet

- FODMAP stands for **F**ermentable- **O**ligosaccharides, **D**isaccharides, **M**onosaccharides, **A**nd **P**olyols. These are different types of carbohydrates (sugars) found in a variety of foods we eat
- FODMAPs are poorly absorbed in the small intestines and for some people may cause gastrointestinal symptoms after eating. Symptoms may include abdominal pain, cramping, bloating, gas, belching, nausea, and/or diarrhea
- Foods that trigger symptoms vary from person to person. A low FODMAP diet is a food elimination diet to identify which foods trigger your symptoms and which foods are tolerated. You may find that eliminating some FODMAPs completely from your diet relieves your symptoms while others you can tolerate at reduced amounts.

How to Follow a Low FODMAP Diet



Step 1: Eliminate ALL High FODMAP foods from your diet for approximately 2-6 weeks. Eat only foods that are considered Low in FODMAPs. It may take a few days or weeks for symptoms to improve.



Step 2: Reintroduce 1 FODMAP group at a time. Choose a food in one of the sub-groups to eat for 3-4 days while monitoring for any recurrence of symptoms. Start with only eating a small amount and then if tolerated increase serving size with each consecutive day to determine the amount you are able to tolerate. It maybe helpful to keep a food diary. You can try reintroducing different foods within that specific FODMAP group the same way or move on to a different FODMAP sub-group after that time.



Step 3: After testing all sub-groups you may then start eating all well tolerated foods while eliminating or restricting the ones that trigger your symptoms.

Low-FODMAP Diet

Foods to EAT

fruit	vegetables	grains	dairy	other
banana, blueberry, boysenberry, cantaloupe, cranberry, durian, grapes, grapefruit, honeydew melon, kiwi, lemon, lime, mandarin, oranges, passionfruit, pawpaw, raspberry, rhubarb, rock melon, star anise, strawberry, tangelo	alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum, bell pepper, silver beet, spinach, swede, sweet potato, taro, tomato, turnip, yam, zucchini	gluten-free bread gluten-free cereal spelt bread rice oats polenta arrowroot millet psyllium quinoa sorgum tapioca	lactose-free milk oat milk rice milk soy milk hard cheeses brie cheese camembert cheese lactose-free yogurt icecream substitutes: gelati, sorbet butter substitute: olive oil	tofu sweeteners: sugar, glucose, artificial sweeteners not ending in "-ol", golden syrup, maple syrup, molasses, treacle herbs: basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme

Foods to ELIMINATE

excess fructose	lactose	fructans	galactans	polyols
<p>fruits apple, mango, nashi, pear, canned fruit, watermelon</p> <p>sweeteners high fructose corn syrup, fructose</p> <p>other concentrated fruit sources, large servings of fruit, dried fruit, fruit juices, honey, fruisana</p>	<p>dairy milk from cows milk from sheep milk from goats custard ice cream yogurt</p> <p>cheeses soft unripened cheeses, cottage cheese, cream cheese, mascarpone, ricotta</p>	<p>vegetables artichoke, onion, asparagus, okra, beetroot, broccoli, brussel sprouts, cabbage, fennel, eggplant, garlic, leek, shallots, spring onion</p> <p>large amounts amounts of bread, cookies, crackers, couscous, pastas, wheat and rye cereals</p> <p>fruit custard apple, persimmon, watermelon</p> <p>other chicory, dandelion, inulin, pistachio</p>	<p>legumes baked beans, chickpeas, kidney beans, lentils, soy beans</p>	<p>Fruit apple, apricot, avocado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>vegetables cauliflower, green capsicum, bell pepper, mushrooms, sweet corn</p> <p>sweeteners sorbitol, maltitol, mannitol, isomalt, xylitol</p>