Low FODMAP Diet

Symptoms of abdominal pain, gas, bloating, flatulence, burping, constipation and/or diarrhea are commonly present in various gastrointestinal disorders but can be hard to treat and minimize symptoms. Often these symptoms are called Irritable Bowel Syndrome (IBS). If you have IBS or a variety of other chronic intestinal complaints for which no other disease or condition has been associated, consider a FODMAPs Diet. This is a diet that limits, but does not eliminate, foods that contain lactose, fructose fructans, galactans, and sugar alcohols (polyols).

FODMAP is an abbreviation for:
Fermentable
Oligosaccharides (fructans and galactans)
Disaccharides (lactose)
Monosaccharides (excess fructose in a food)
And
Polycols (sugar alcohols like sorbitol, maltitol, mannitol, xylitol, and isomalt)

High FODMAP foods are poorly absorbed and rapidly fermented by the intestinal bacteria, leading to increased water and gas. This increased water and gas leads to abdominal distention that causes changes in intestinal motility, bloating, discomfort and flatulence. A diet low in FODMAP has been shown to reduce and sometimes eliminate these symptoms.

The Low FODMAP elimination diet has a high success rate when discussed and planned using a Registered Dietitian (RD) with experience in this diet. We recommend that you make an appointment with one in your area. Sometimes local grocery stores have dietitians who are able to assist you with food recommendations. Patients who attempt this diet alone often find it too restrictive and they often do not experience any relieve of their symptoms. The Dietitian can help you to eat nutritious and tasty meals that suit your taste and relieve your symptoms.

You can try this diet on your own by using the table below to guide your food choices. Start by eliminating foods high in FODMAPs for 6-8 weeks. You should notice an improvement in your GI complaints within one week of following a low FODMAP diet. Follow a low FODMAP diet for a full 6-8 weeks before assessing its effectiveness and reintroducing foods high in FODMAPs.

Table of FODMAPs in Food

Type of food	High in FODMAPs	Low in FODMAPs
Milk	Milk: Cow, Sheep, Goat, Soy Creamy soups made with milk Evaporated milk Sweetened condensed milk	Milk: Almond, Coconut, Hazelnut, Hemp, Rice Lactose free cow's milk Lactose free keifer Lactose free ice cream (non-dairy alternatives) Purchase lactase enzyme to make your own evaporated or condensed milk if needed
Yogurt	Cow's milk yogurt (Greek yogurt is lowest in FODMAPs) Soy yogurt	Coconut milk yogurt
Cheese	Cottage cheese Ricotta cheese Marscapone cheese	Hard cheeses including cheddar, Swiss, brie, blue cheese, mozzarella, parmesan, and feta No more than 2 tablespoons ricotta or cottage cheese Lactose free cottage cheese
Dairy-based condiments	Sour cream Whipping cream	Butter Half and half Cream cheese
Dairy-based desserts	Ice cream Frozen yogurt Sherbet	Sorbet from FODMAPs friendly fruit

Fruit* *Limit consumption to one low FODMAPs fruit per meal. Consume ripe fruit; firm, less-ripe fruit contains more fructose	Apples, Pears Cherries, Raspberries, Blackberries Watermelon Nectarines, White peaches, Apricots, Plums, Peaches Prunes Mango, Papaya Persimmon Orange juice Canned fruit Large portions of any fruit	Banana Blueberries, Strawberries Cantaloupe, Honeydew Grapefruit, Lemon, Lime Grapes Kiwi Pineapple Rhubarb Tangelos <1/4 avocado <1 tablespoon dried fruit
Vegetables	Artichokes Asparagus Sugar snap peas Cabbage Onions Shallot Leek Onion and garlic salt powders Garlic Cauliflower Mushrooms Pumpkin Green peppers	Bok choy, Bean sprouts Red bell pepper Lettuce, Spinach Carrots Chives, Spring onion (green part only) Cucumber Eggplant Green beans Tomato Potatoes Garlic infused oil; purchase flavored oil or sauté onion and garlic in oil and then discard onion and garlic Water chestnuts <1 stick celery <1/2 cup sweet potato, broccoli, Brussels sprouts, butternut squash, fennel <1/3 cup green peas <10 snow peas
Grains	Wheat Rye Barley-large quantities Spelt	Brown rice Oats, oat bran Quinoa Corn Gluten-free bread, cereals, pastas and crackers without honey, apple/pear juice, agave or HFCS Namaste Food Perfect Flour Blend or King Arthur Gluten Free Multi-Purpose Flour
Legumes	Chickpeas, Hummus Kidney beans, Baked beans Edamame Lentils Soy milk	Tofu Peanuts
Nuts and Seeds	Pistachios	10-15 max or 1-2 tablespoons Almonds, Macadamia, Pecans, Pine nuts, Walnuts Pumpkin seed, Sesame seeds, Sunflower seeds
Sweeteners	Honey Agave High fructose corn syrup Sorbitol, Mannitol, Xylitol, Maltitol, Splenda (may alter friendly gut flora)	Sugar Glucose, Sucrose Pure maple syrup Aspartame
Alcohol	Rum	Wine, Beer, Vodka, Gin Limit to one serving as all alcohol is a gastric irritant
Protein-rich food		Fish, Chicken, Turkey, Eggs, Meat
Fat-rich food		Olive and canola oil, Olives, <1/4 avocado

Low FODMAP Menu Suggestions

Breakfast

➔ Corn Flakes or oats, with rice or almond milk, banana and 1 tablespoon sliced almonds
➔ McDonald's or Starbucks oatmeal with 1 tablespoon dried fruit and nuts
➔ Quinoa flakes with rice or almond milk, ¾ cup strawberries and 1 tablespoon pecans

Lunch

➔ White bread sandwich with sliced turkey, lettuce or spinach leaves, tomato, sliced cheddar cheese and Green Valley lactose-free vanilla yogurt, ½ cup blueberries and baby carrots
➔ Stir fry with brown rice or rice noodles, chicken, shrimp or beef, peppers and bok choy, ask for no onion or garlic and the sauce on the side
➔ Fruit salad with 1 cup (total) low FODMAP fruits, kiwi, strawberries and blueberries, spinach salad with lemon dressing and cherry tomatoes, and brown rice cakes with natural almond butter

Snack

➔ Glutino pretzels or Blue Diamond Almond Nut thins and mozzarella string cheese
➔ Hard boiled egg and cherry tomatoes
➔ Pumpkin seeds
➔ Brown rice cakes with natural peanut butter
➔ Banana and handful almonds
➔ 1 stick celery with natural almond butter or,
➔ Carrots and red pepper dipped in tahini

Dinner

➔ Grilled chicken or salmon with baked sweet potato with olive oil or butter, sautéed spinach and read peppers seasoned with green parts of onion, salt, pepper, handful of pine nuts and olive oil, and a kiwi
➔ Wendy's baked potato and a side salad with chicken, bring your own homemade salad dressing that does not contain garlic or onion
➔ Sushi