

## Low FODMAP Diet

Fermentable

**Oligosaccharides** (oligo – “few,” saccharide – “sugar”)

**Disaccharides** (“two sugars”)

**Monosaccharides** (“one sugar”)

And

**Polyols** (these are sugar alcohols)

### Why should I avoid foods with FODMAPs?

FODMAPs are starches that are found in certain foods. Some people have trouble digesting these starches. Symptoms of FODMAP intolerance include gas, abdominal discomfort, distention, bloating, fullness, nausea, and/or pain after eating foods containing FODMAPs.

*Foods that do not contain carbohydrates are not a concern. This includes meat, poultry, fish, eggs, butter, oils, and hard cheeses.*

### Tips for Starting a Low FODMAP Diet

1. Eliminate products with ingredients that list fructose, crystalline fructose (not HFCS), honey, and sorbitol on the label.
2. Avoid sugar alcohols. These include sorbitol, isomalt, lactitol, maltitol, mannitol, xylitol, erythrytol, and lactatol. These are often found in “diet” or “diabetic foods” such as diet drinks, ice cream, candy, processed foods, etc.
3. Limit drinks with High Fructose Corn Syrup. If you drink them, drink less than the recommended serving size – less than 12 oz of soda. It may help to drink with a meal.
4. Check your medications for fructose and sorbitol. They are not always listed on the label, so check with your pharmacist or the manufacturer.
5. Follow guidelines below to choose fruits, vegetables, and other foods that are friendlier to your intestines!

### **Three Steps to a Low FODMAP Diet**

The low FODMAP diet is intended to find foods that bother you the most and to eventually add foods that you tolerate back into your diet.

Step 1: First, look over the list of high FODMAP foods. If you eat much of any of them, try cutting them out first.

Step 2: If you feel a lot better, that may be all you need to do. If not, try to cut out all high FODMAP foods as much as you can for 4-6 weeks.

Step 3: After 4-6 weeks of cutting out all high FODMAP foods, bring foods back in one at a time. That way, if your symptoms get worse, you will know which food caused it.

### **Three Options for Adding Back FODMAPs**

You have several options for adding FODMAP containing foods back into diet. Your dietitian can further determine which option may work best for you.

- Option 1: Bring back lower FODMAP foods first, slowly working up to the highest FODMAP sources.
- Option 2: Bring back high FODMAP foods first.
- Option 3: Bring back your favorite FODMAP foods first.

<b>Food Group</b>	<b>Serving Size and Suggestions</b>	<b>Low FODMAP</b>	<b>Moderate FODMAP</b>	<b>High FODMAP</b>
<b>Fruits</b>	<p>½ cup of cut fruit or a medium (baseball size) whole fruit. Limit to 1 to 2 servings per day. Fresh or fresh frozen fruit may be better tolerated than canned fruit. Tolerance may depend on the amount you eat at one time. Limit concentrated sources of fruit, such as dried fruit and fruit juices.</p>	<p>Bananas Blueberries Cantaloupe Grapefruit Grapes Honeydew Kiwi Lemons Limes Oranges Papaya Passion fruit Pineapple Raspberries Rhubarb Strawberries Tangelos <i>Note: Avoid eating large amounts of any fruit.</i></p>	Canned fruit	<p>Apples Applesauce Avocados Blackberries Dried fruits (e.g., raisins, dates) Fruit juice Lychees Pears Persimmons Watermelons Stone fruits:     Apricots     Cherries     Mangos     Nectarines     Peaches     Plums     Prunes</p>
<b>Vegetables</b>	<p>½ cup for most vegetables or 1 cup of leafy greens Limit to 1½ to 3 servings per day.  Cooked vegetables may be tolerated best since cooking causes a loss of free sugars. Keep in mind tolerance may depend on the amount you eat at one time.</p>	<p>Bamboo shoots Bok choy Carrots Celery Chives Cucumber Eggplant Green beans Kale Lettuce Parsnips Pumpkin Radish Red bell pepper Spinach</p>	<p>Corn Green peas Tomatoes</p>	<p>Artichokes Asparagus Beets Broccoli Brussels sprouts Cabbage Cauliflower Fennel Garlic Green bell peppers Leeks Mushrooms Okra Onions Shallots</p>

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<b>Vegetables (cont.)</b>		Squash Sweet potato Turnip White potato Zucchini		Sweet corn Tomato paste
<b>Dairy</b>		Kefir Lactose-free milk Lactose-free cottage cheese Lactose-free yogurt Hard or aged cheeses Butter Cream Cream cheese	American cheese	Milk Yogurt Ice cream Cottage cheese Ricotta cheese
<b>Grains</b>		Quinoa Rice Millet Cornmeal Gluten-free products	Oats Buckwheat Sourdough white bread	Wheat Barley Rye
<b>Legumes and Nuts</b>		Firm and medium tofu Pumpkin seeds Sesame seeds Sunflower seeds	Canned and drained chickpeas and lentils Nuts and nut butters except pistachios and cashews Flax seeds	Soy (silken tofu, textured vegetable protein, edamame, soy nuts, soy milk) Beans Chickpeas, hummus Lentils Pistachios Cashews
<b>Beverages</b>		Espresso Filtered coffee Green tea Peppermint tea Black tea		Soft drinks that include high-fructose corn syrup or crystalline fructose; Apple juice Other fruit juices Apple cider Instant coffee

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<b>Beverages (cont.)</b>				Chamomile tea Fennel tea
<b>Sweeteners</b>		Granulated sugar Evaporated cane juice Brown sugar Brown rice syrup Pure maple syrup Corn syrup Sugar cane molasses Aspartame Saccharin Sucralose Stevia	Cocoa	High-fructose corn syrup Crystalline fructose Honey Agave Sugar beet molasses Sorbitol Xylitol Mannitol Maltitol