



Low FODMAP Dietary Instructions

FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols) are a type of carbohydrates (sugars) found in certain foods. They are osmotic (meaning 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.

FODMAPs include:

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

Symptoms of **gas, bloating, cramping, diarrhea and/or constipation** may occur in those who could be sensitive to the effects of FODMAPs. A low FODMAP diet may help reduce symptoms, as it limits 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 also has potential use 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 have high amounts of 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.)

Guide to Low FODMAP Diet

Refer below for a list of low FODMAP options and helpful tips for managing the diet.



Food Group	Foods to Eat	Foods to Limit/Avoid
Meats, Poultry, Fish, Eggs	Beef, chicken, canned tuna, eggs, egg nog, fish, lamb, pork, shellfish, turkey, cold cuts	Foods cooked with high FODMAP sauces (refer to 'Seasonings and Condiments' section)
Dairy	All lactose-free dairy, dark chocolate (70% or higher) Small amounts of: butter, cottage cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss), mozzarella, sherbet	Buttermilk, cream cheese, custard, ice cream, kefir, creamy/cheesy sauces, milk (cow, sheep, goat), sweetened condensed milk, evaporated milk, milk chocolate, soft cheeses (brie, ricotta), sour cream, yogurt
Grains	Wheat-free grains/wheat-free flours (gluten-free grains are wheat free): bagels, breads, hot/cold cereals, crackers, noodles, pastas, quinoa, pancakes, pretzels, rice, tapioca, tortillas, waffles	Chicory root, inulin, grains with high fructose corn syrup or made from wheat (terms for wheat: einkorn, emmer, kamut, spelt), wheat flours (terms for wheat flour: bromated, durum, enriched, farina, graham, semolina, white flours), flour tortillas, rye
Vegetables	Bamboo shoots, bell peppers, bok choy, cucumbers, carrots, celery, eggplant, fennel, green beans, lettuce, leafy greens, pumpkin, potato, squash (winter, summer, spaghetti), yam, tomato, zucchini	Artichokes, asparagus, beets, leeks, broccoli, brussel sprouts, butternut squash, cabbage, cauliflower, garlic, mushrooms, okra, onion

Food Group	Foods to Eat	Foods to Limit/Avoid
Fruits* <small>*Limit one serving per meal</small>	Bananas, blueberries, cantaloupe, grapes, grapefruit, honeydew, kiwi, kumquat, lemon, lime, mandarin, orange, passion fruit, pineapple, raspberries, rhubarb, strawberries, tangerine	Avocado, apple, applesauce, apricots, blackberry, coconut, dates, canned fruit, cherry, dried fruit, fig, guava, lychee, mango, nectarine, pear, papaya, peach, plum, prunes, persimmon, watermelon
Legumes, Non-Dairy Alternatives	Almond milk, rice milk, most nuts, nut butters, all seeds	Beans, cashews, chickpeas, pistachios, coconut milk, coconut cream, oat milk, peas, soy products
Seasonings, Condiments	All herbs and spices, homemade broth, capers, chives, flaxseed, garlic-infused oil, all cooking oils, horseradish, jam/jelly from low FODMAP fruit, olives, mayonnaise, olive oil, pickles, pepper, salt, sugar, stevia, maple syrup, mustard, tomato paste, soy sauce, vinegar, wasabi	Artificial sweeteners (sorbitol, mannitol, isomalt, xylitol, high fructose corn syrup), agave, coconut sugar, chutneys, honey, hummus, molasses, relish, tzatiki
Beverages	Low FODMAP fruit/vegetable juice (1/2 cup), coffee, tea, most wines, hard liquor	Kombucha, fortified wine (sherry, port), rum

Instructions & Tips

- Follow the elimination diet for 4-6 weeks.
- After 4-6 weeks, add high FODMAP foods back into your diet one at a time and in small amounts. This will help to identify potential “trigger” foods. Limit foods that trigger your symptoms.
- Read food labels! Avoid foods made with high FODMAPs such as high FODMAP fruits, honey, inulin, wheat, soy, etc.
- A food could be overall low FODMAP food if a high FODMAP food is listed as last ingredient.
- You do not need to follow a 100% gluten-free diet as the focus is on FODMAPs, not gluten. Look for gluten-free grains made with low FODMAPs, such as potato, quinoa, rice, or corn.
- Limit serving sizes for low FODMAP fruits and vegetables, and high fiber, low FODMAP foods such as quinoa to 1/2 cup if you have symptoms after eating these foods. The symptoms could be related to eating large amounts of low FODMAPs or fiber all at once.
- Be cautious of the fat content in your diet. Fatty foods can be a trigger for those with IBS.
- Avoid very large meals. Overeating can also trigger symptoms. Aim to eat 4-5 meals per day, spread throughout the course of the day.

Sample Menu

Refer to the menu below to guide you during your transition to low FODMAP foods.

Breakfast

WAFFLE & BERRIES

Gluten-free waffle sprinkled with chopped walnuts, blueberries, and light drizzle of maple syrup

VEGGIE OMELETTE

Eggs scrambled with spinach, bell peppers, and tomatoes

OATMEAL & FRUIT

Oatmeal topped with sliced banana, almond butter, and a spoonful of brown sugar

FRUIT SMOOTHIE

Fruit smoothie blended with lactose-free yogurt, strawberries and banana

Lunch & Dinner

TURKEY WRAP

Sliced turkey wrapped in gluten-free tortilla with lettuce, tomato, mayonnaise, and mustard SALMON SALAD Baked salmon on a bed of chopped romaine lettuce, bell peppers, cucumbers, and tomatoes, tossed with lemon and olive oil dressing

CHICKEN PASTA

Gluten-free pasta with chicken, diced tomatoes, and cooked spinach topped with low FODMAP pesto sauce

BEEF AND VEGETABLE STEW

Homemade broth with chunks of beef and your choice of allowed vegetables, with side of gluten-free bread

Snacks

YOGURT PARFAIT

Lactose-free yogurt (Green Valley) topped with blueberries, raspberries, and chia seeds

FRUIT & NUT BUTTER DIP

Sliced banana with 1-2 tablespoons of almond or peanut butter

CHEESE & CRACKERS

Rice crackers with mozzarella cheese (1/2 cup) and grapes