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Low FODMAP Diet (Fermentable oligo-di-monosaccarides and polyols)

What are FODMAPs?

FODMAPs are short-chain carbohydrates (or sugars) found in certain foods. FODMAPs pull water into the intestine, are poorly absorbed in the small intestine, and are rapidly fermentable by bacteria to form gas. These events eventually cause intestinal distention and in patients with certain functional gastrointestinal disorders (e.g., irritable bowel syndrome, functional bloating), can produce symptoms such as visible abdominal distention, bloating, gas, altered bowel habits, and sometimes pain.

Why a low FODMAP diet?

People with FGID have symptoms triggered by their intestines' response to distention (due to a hypersensitivity, excessive gas production, or motility problems). It's important to understand that FODMAPs are not the cause of the underlying functional gastrointestinal disorder (FGID).

Rather than to "cure," a low FODMAP diet is intended to reduce symptoms caused by intestinal distention.

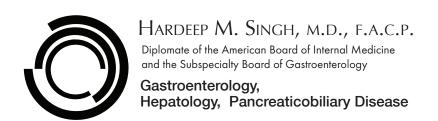
How do I follow a low FODMAP diet/challenge?

Eliminate all high FODMAP foods for 6-8 weeks. You should notice an improvement in your symptoms after about 1 week of a low FODMAP diet. After 6-8 weeks, try adding a small amount of one high FODMAP food back into your diet every 4 days. Notice if a particular food causes your symptoms to return. If it does, then label this as one of your "triggers" to your symptoms and limit intake of that food.

Remember when reintroducing a high FODMAP food back into the diet, limit the serving sizes to about ½ cup per meal (or 1-2 tablespoons for things like honey, nuts, seeds). This rule applies even to a low FODMAP food as symptoms can be related to eating large portion sizes.

Things to avoid

- Fruits Apples, applesauce, apricots, cherries, dates, figs, guava, longon, lychee, mango, nectarines, papaya, peaches, pears, plums, prunes, persimmon, rambutan, sugar snap peas, watermelon, canned fruit, dried fruit, large amount of any fruit
- Vegetables Artichokes, asparagus, avocado, beetroot, leeks, broccoli, brussel sprouts, cabbage, cauliflower, fennel, green beans, mushrooms, okra, onion, snow peas, shallots, summer squash
- Meats, poultry, fish, eggs, legumes Foods made with high FODMAP fruit sauces of high fructose corn syrup. Chickpeas, edamame, hummus, lentils, red kidney beans, baked beans, soy
- Dairy Buttermilk, chocolate, cottage cheese, ice creams, creamy/cheesy sauces, milk (cow, sheep, goat), sweetened condensed milk, evaporated milk, sour cream, soft cheeses (e.g., ricotta, cottage, marscapone), sherbet, whipping cream
- •Grains Barley, chicory root, inulin, tortillas, rye, spelt, wheat
- Beverages Any with high fructose corn syrup, high FODMAP fruit/vegetables, fortified wines (sherry, port)
- Seasonings, condiments High fructose corn syrup, agave, chutneys, coconut, garlic, honey, jams, jellies, molasses, onions, pickle, relish, artificial sweeteners (sorbitol, mannitol, xylitol, isomalt, maltitol, and others ending in '-ol')
- Nuts and Seeds Cashews, pistachios
- Alcohol Rum



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Low FODMAP Diet cont'd (page 2)

Foods to eat (low FODMAP foods)

- Fruit Banana, berries, cantaloupe, durian, grapefruit, grapes, honeydew melon, kiwi, kumquat, lemon, lime, mandarin, orange, passionfruit, pineapple, rhubarb, rockmelon, strawberry, tangerine, tangelo
- Vegetables Alfalfa sprouts, bamboo shoots, bean sprouts, bell peppers, bok choy, chives, choko, choy sum, cucumbers, carrots, celery, corn, eggplant, green beans, herbs, lettuce, leafy greens, parsnip, pumpkin, potatoes, silverbeet, spinach, squash, yams, tomatoes, water chestnuts, zucchini
- Meats, poultry, fish, eggs, legumes Beef, chicken, canned tuna, eggs, fish, lamb, pork, shellfish, turkey, cold cuts, tofu, peanuts
- Dairy Lactose-free dairy, coconut milk, hemp milk, rice milk, half and half, cream cheese, hard cheeses (e.g., blue, brie, cheddar, feta, mozzarella, parmesan, swiss), sorbet, gelato, greek yogurt
- Grains Brown rice, corn, oats, quinoa. Wheat-free/gluten-free: bagels, breads, cereals, crackers, noodles, pasta, quinoa, pancakes, pretzels, rice, tapioca, tortilla, waffles
- Beverages- Low FODMAP fruit/vegetables juices (limit to ½ cup at a time), coffee, tea
- Seasonings, condiments Most spices/herbs, homemade broth, butter, canola oil, chives, flaxseed, garlic-infused oil, garlic powder, olives, margarine, mayonnaise, onion powder, olive oil, pepper, salt, sugar, maple syrup without high fructose corn syrup, mustard, low FODMAP salad dressings, soy sauce, small amounts of marinara sauce, vinegar, balsamic vinegar
- Nuts and seeds 10-15 max or 1-2 tablespoons: almonds, macadamia, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds
- Alcohol Limit to one serving: wine, beer, vodka, gin