

## LOW-FODMAP DIET FOR IBS

### **What are FODMAPs?**

The term FODMAP refers to certain groups of carbohydrates that are found in many of the foods we eat. “FODMAP” is an acronym that stands for:

- F** – Fermentable (creates gas)
- O** – Oligosaccharides (a type of fiber found in wheat, onion, garlic, and beans)
- D** - Disaccharides (refers to lactose, a commonly malabsorbed sugar found in some dairy foods)
- M** – Monosaccharides (refers to fructose, found in certain fruits and many processed foods)
- A** – And
- Ps** – Polyols (refers to sugar alcohols added to sugar-free gum and candy and naturally found in certain fruits and vegetables)

These carbohydrates share three characteristics that make them more likely to cause GI distress:

1. They are poorly absorbed in the small intestine
2. They draw extra water into the intestines
3. They are rapidly fermented by gut bacteria

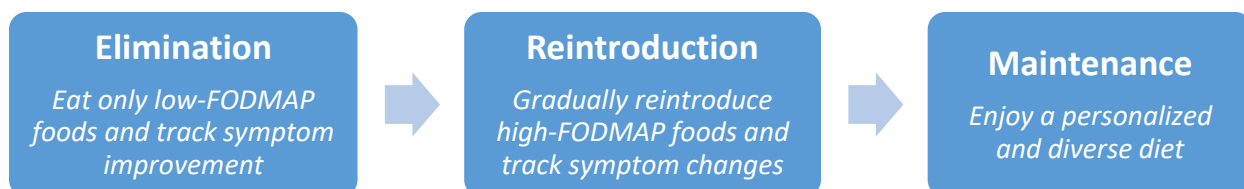
These three things can result in increased gassiness, bloating, abdominal pain, and altered bowel habits.

If you have IBS, FODMAPs may worsen your symptoms, especially gas, bloating, pain, and diarrhea. Each person has a unique sensitivity to FODMAPs, and it depends on the kinds of foods and the amount you eat. The goal of the low-FODMAP diet is to determine if you are sensitive to FODMAPs, and if so, which ones and to what degree.

## What is the Low-FODMAP Diet?

The low-FODMAP diet is a short-term diet experiment to see if there are particular foods that you may be more sensitive to if you have IBS. It is not meant to be a permanent diet. It has 3 main parts:

1. Eliminate all major sources of FODMAPs in your diet. Eat only foods that are low in FODMAPs (there are many!). If you are sensitive to FODMAPs, you will start to feel better in as little as 2-3 weeks.
2. Return FODMAPs to the diet in a systematic way with the help of your dietitian while tracking your symptoms.
3. Use your knowledge to enjoy the most varied and nutritious diet possible. Many people find that they can liberalize their FODMAP diet restrictions and only need to reduce or avoid some high-FODMAP foods.



## Diet Instructions

For the first phase of the low-FODMAP diet, you will eliminate all major sources of FODMAPs in your diet and eat only foods that are low in FODMAPs. For 3 weeks, eat only the foods listed on this handout. You will learn more if you follow this diet as closely as possible. Note that certain foods require you to pay attention to portion size. For best results, limit the number of these items to 1 or 2 portions per meal or snack.

After 3 weeks, you will follow up with your dietitian and work together to begin reintroducing foods that you previously eliminated.

## **Low-FODMAP Diet: What Can I Eat?**

For the next 3 weeks, eat only these foods. If a food is not mentioned here, avoid it or ask your dietitian before consuming. Pay careful attention to portion sizes where indicated – limit these foods to one serving per meal.

**The closer you stick to this diet, the more you will learn!**

### **Fruits**

Bananas	Honeydew melon	Pineapple
Blueberries	Kiwi	Raisins (1 Tb)
Cantaloupe	Lemon	Rhubarb
Clementine	Lime	Starfruit
Cranberries (2 Tb)	Orange	Strawberries
Grapes	Passion fruit	

### **Vegetables**

Alfalfa	Green beans
Arugula	Kale
Bamboo shoots	Lettuce
Bean sprouts	Okra (6 pods)
Bell peppers (red, yellow)	Parsnip
Bok choy	Potato (white)
Broccoli (½ c)	Radish
Brussels sprouts (½ c)	Rutabaga
Butternut squash (¼ c)	Spaghetti squash
Carrots	Spinach
Celery (½ stalk)	Summer squash
Chives (green part only)	Spring onion (green part only)
Corn	Sweet potato (½ c)
Cucumber	Swiss chard
Eggplant	Tomatoes
Endive	Turnips
Fennel (1 c)	Yam
Ginger root	Zucchini

### **Grains and Starches**

Breakfast cereals made of rice or corn (e.g. corn flakes, rice krispies – ½ c)	Millet
Buckwheat	Oats (½ c)
Cornmeal	Polenta
Corn tortillas/chips	Popcorn (plain or salted)
Gluten-free bread (2 slices)	Potato chips (plain)
Gluten-free pasta (½ c cooked)	Quinoa
Gluten-free pretzels	Rice
Grits	Rice cakes
	Rice noodles
	Tapioca
	Yams

\*\*Check ingredients label on all gluten-free items and prepackaged items for other FODMAPs\*\*

### **Nuts and Seeds – Limit all to 2 Tb per meal**

Almonds	Coconut	Poppy seeds
Almond butter	Peanuts	Pumpkin seeds
Brazil nuts	Peanut butter	Sesame seeds
Chestnuts	Pecans	Sunflower seeds
Chia seeds	Pine nuts	Walnuts

### **Proteins**

Beef	Chickpeas (½ c canned, drained)
Chicken	Edamame (½ c, shelled)
Eggs / egg substitute	Lentils (½ c canned, drained)
Fish	Seitan
Lamb	Tempeh
Pork	Tofu
Shellfish	
Turkey	

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### **Dairy / Dairy Alternatives**

Almond Milk	Cream cheese (2 Tb)
Cheese (aged, including cheddar, swiss, parmesan, brie, havarti, camembert)	Half and Half (2 Tb)
Cheese (1 oz. not aged, including feta, American, mozzarella, fresh chevre, queso fresco)	Heavy cream (¼ c)
Coconut milk (½ c, canned)	Lactose-free cottage cheese
	Lactose-free kefir
	Lactose-free sour cream
	Lactose-free yogurt (plain)
	Rice milk

### **Sweeteners – Limit all to 1 Tb per meal**

Artificial sweeteners not ending in “-ol”	Glucose
Aspartame	Golden syrup
Brown sugar	Granulated or table sugar (sucrose)
Cane sugar or syrup	Maltose
Caster sugar	Maple Syrup (100% pure)
Coconut sugar	Palm sugar
Corn syrup (NOT high-fructose)	Raw sugar
Dextrose	Saccharine
	Stevia

### **Beverages**

Beer  
Black tea (weak, 8 oz)  
Coffee (black)  
Cocoa  
Espresso  
Gin  
Ginger tea  
Green tea  
Peppermint tea  
Rooibos tea  
Water  
Whiskey  
White tea  
Wine

### **Sweets and Desserts**

Candy (1 oz)  
Dark or semisweet chocolate (1 oz)  
Jam or jelly (1 Tb)  
Sorbet or sorbetto (1/2 c, FODMAP- friendly fruit flavors only)

### **Fats and Oils**

Avocado (1 ½ Tb)  
Butter  
Coconut milk (½ c, canned)  
Margarine  
Oil (olive, soybean, coconut, garlic-infused)

### **Condiments, Seasonings, and Baking Supplies**

Allspice	Cumin	Rosemary
Asafoetida	Curry powder	Saffron
Bakers yeast	Fennel seeds	Salt
Baking powder/soda	Five spice	Sesame oil
Basil	Ginger	Star anise
Bay leaf	Lemongrass	Soy sauce
Black pepper	Marjoram	Tamari
Capers	Mint	Tarragon
Cardamom	Mayonnaise	Tomato paste
Chili powder	Mustard	Thyme
Chives (green part only)	Nutmeg	Turmeric
Cilantro	Olives	Vanilla
Cinnamon	Oregano	Vinegar (balsamic, 1 Tb)
Cocoa powder (1 ½ Tb)	Paprika	Vinegar (other types)
Corn starch	Parsley	Wasabi
Coriander	Pectin	Worcestershire sauce
		Xanthan gum

## High-FODMAP Checklist

Foods to Avoid during the Elimination Phase

### **High Lactose**

(creates gas + pulls water into the gut)

#### **CHEESE**

Ricotta cheese, cottage cheese

#### **BEVERAGES**

Milk (cow, sheep, goat)

#### **OTHER**

Evaporated milk, yogurt, ice cream, custard

### **Excess Fructose**

(pulls water into the gut)

#### **VEGETABLES**

Asparagus, sugar snap peas, sun-dried tomatoes

#### **FRUIT**

Apples, cherries, fresh figs, mango, pears, watermelon

#### **SWEETENERS**

Agave, high fructose corn syrup, honey

#### **ALCOHOL**

Rum

### **High Fructans/GOS**

(creates gas)

#### **VEGETABLES**

Artichokes, garlic, leek and scallion bulbs, shallots, onions, onion and garlic powder, peas, soybeans, kidney beans

#### **FRUIT**

Banana (ripe), currants, dates, dried figs, grapefruit, nectarine, persimmon, plums, prunes, white peaches, watermelon

#### **GRAINS**

Rye, wheat, barley

#### **LEGUMES**

Mature soybeans (most soy milk and soy flour), baked beans, black beans, fava beans, kidney beans, navy beans, split peas

#### **OTHER**

Oolong tea, chamomile tea, fennel tea, carob, chicory root, inulin, FOS (fructo-oligosaccharide)

### **High Polyols**

(pulls water into the gut)

#### **VEGETABLES**

Cauliflower, mushrooms, snow peas

#### **FRUIT**

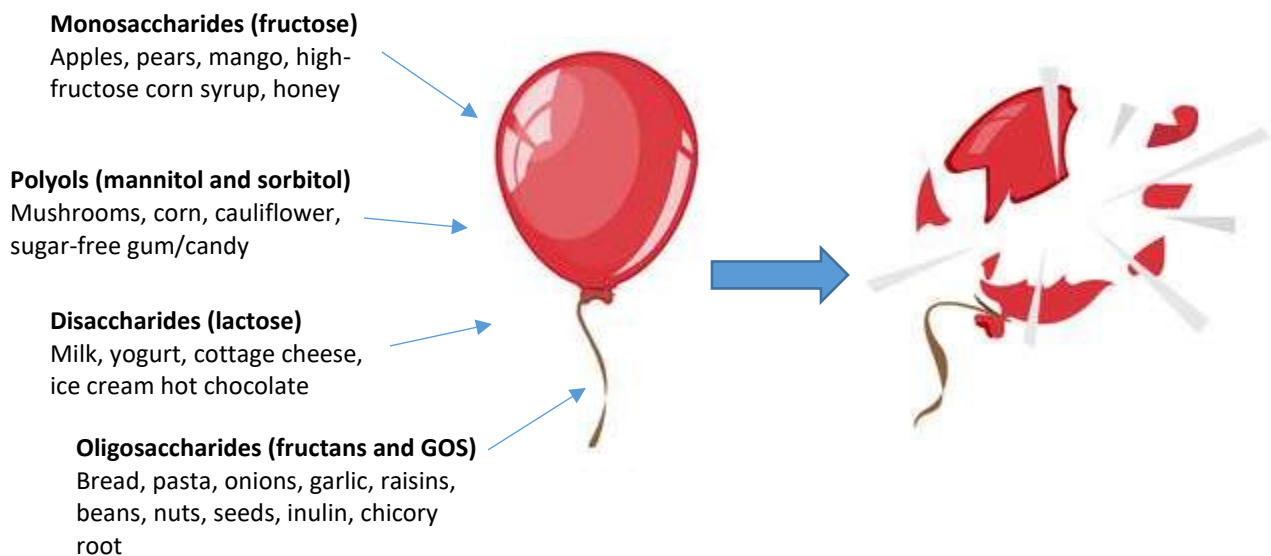
Apples, apricots, blackberries, cherries, nectarines, pears, yellow peaches, plums, prunes, watermelon

#### **SWEETENERS**

Sorbitol, mannitol, isomalt, xylitol

## Helpful Hints

- Remember that the elimination phase is only a temporary change in your diet. It is not meant to be followed for the rest of your life
- The effect of FODMAPs is cumulative. That is, you may be able to consume a certain amount of FODMAPs without having any symptoms, but as your day goes on and you eat more, you may start having symptoms. Think of your gut as a balloon. It can take certain amount of water or air, but eventually it will pop. It is often not helpful to track your symptoms to whatever you last ate because chances are you are experiencing effects of the total accumulation of FODMAPs over a 24-48 hour period.



- Focus on the foods you CAN eat, but be on the lookout for hidden sources of FODMAPs. They can lurk in many foods, such as: marinara sauce (onions & garlic), chicken/beef/turkey stock (onions), salad dressings (onions & garlic), condiments (high-fructose corn syrup), granola bars (agave syrup, honey, chicory root), and gluten-free flour blends (some contain bean flours such as garbanzo, soybean, etc.)
- Likewise beware of the term “natural flavors” or “extracts” on the ingredients list – this often means a food contains onion, garlic, and/or high-FODMAP fruits
- Check all supplements you are taking and make sure they do not contain mannitol, sorbitol, or inulin (chicory)
- In general, it is best to choose simply prepared whole foods that have minimal seasoning or sauces. You can season these foods yourself with FODMAP-friendly herbs and spices.