



Department of Gastroenterology
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www.gravesgilbert.com/departments/gastroenterology

Low FODMAP Diet

What are FODMAPs?

Fermentable
Oligosaccharides
Disaccharides
Monosaccharides
and
Polyols

FODMAPs are short chain carbohydrates and sugar alcohols that can be poorly absorbed by the body and when they reach the colon are fermented by bacteria producing carbon dioxide, methane and hydrogen. This fermentation also draws water into the colon. FODMAPs can occur naturally in food (some fruits and vegetables, some grains, dairy products) or in food additives such as artificial sweeteners. The above fermentation process can produce symptoms of gastrointestinal distress including:

-Gas -Abdominal pain -Bloating -Abdominal distention -Diarrhea -Bowel urgency
-Cramping -Constipation -Feeling of fullness after eating or drinking small amounts of food or liquid.

These symptoms are often found in Irritable Bowel Syndrome (IBS) and Small Intestine Bacterial Overgrowth (SIBO). A low FODMAP diet can reduce these complaints in approximately 70% of IBS patients.

LOW FODMAP foods to **INCLUDE** in your diet:

Vegetables:

Alfalfa sprouts, bean sprouts, carrots, bell pepper, green beans, bok choy, cucumber, lettuce, tomato, zucchini, bamboo shoots, eggplant, ginger, chives, turnips, parsnips, olives, potatoes, kale, spinach, rhubarb, squash

Fresh fruit:

Oranges, mandarins, grapes, honeydew melon, cantaloupe, banana, blueberries, raspberries, grapefruit, kiwi, lemon, lime, strawberries, papaya, pineapple

Protein:

Fish, prawns, chicken, eggs, beef, pork, lamb



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Soy products:

Tofu, tempeh, soy milk (made from soy protein)

Grains:

Rice, rice bran, brown rice, oats, oat bran, gluten-free bread and pasta, sourdough spelt bread, quinoa, corn flour, buckwheat flour, maize flour, millet flour

Non-dairy milk:

Almond milk, rice milk, oat milk, coconut milk, soy milk (made from soy protein),

Drinks:

Tea (black, green, peppermint, white), coffee (use non-dairy creamers), water, fruit juices NOT from concentrate, lactose-free milk

Nuts and seeds:

Almonds, Macadamia, peanuts, pine nuts, walnuts, pecans, pumpkin seeds, linseeds, sesame, sunflower

Cheeses that are lactose-free:

Brie, Camembert, Feta, Parmesan, mozzarella

Oils:

Olive oil, coconut oil, canola oil, peanut oil, sunflower oil, vegetable oil, sesame oil

Condiments:

Salt, pepper, basil, chili oil, ginger, mustard, white rice vinegar, wasabi powder, soy sauce, barbecue sauce, mayonnaise, tomato sauce, hot sauce, horseradish, cocktail sauce, capers, fish sauce, Worcestershire sauce

NOTE:

Portion size is important and can determine the quantity of FODMAPs consumed. Nuts are an example. Fewer than 10 per serving is recommended. Some condiments are also limited.

Gluten is not a FODMAP but most gluten-free foods tend to be low in FODMAPs.

If you are NOT lactose intolerant, you may not need to avoid dairy products. However, when beginning this diet it is recommended to avoid dairy initially and consider adding it back after maintaining this diet for several weeks.



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Avoid breadcrumbs, marinades, sauces and gravies. These re high in FODMAPs.

Prepared and prepackaged food can often be sources of FODMAPs including onions, sorbitol, garlic and xylitol.

Foods containing FODMAPs are not unhealthy foods but they can produce unwanted symptoms in some individuals with sensitive GI tracts. The low FODMAP diet is not considered to be a permanent diet. Because of this diet's restrictions, it should be used only with your healthcare provider's recommendations and in the following manner:

-Avoid or limit foods containing FODMAPs for 4-8 weeks.

-After that period, individual foods may be introduced to your diet. If symptoms return, that food should be avoided. If no symptoms occur after one week, that food may be considered safe to eat.

HIGH FODMAP food to **EXCLUDE** from your diet:

Vegetables:

Onions, garlic, cabbage, broccoli, cauliflower, snow peas, sugar snap peas, asparagus, artichokes, leeks, beetroot, celery, sweet corn Brussels sprouts, mushrooms, beans, lentils

Fruits:

Peaches, nectarines, apricots, plums, prunes, mangoes, apples, pears, watermelon, cherries, raisins, avocados, blackberries, dried fruit, fruit juice from concentrate

Grains:

Wheat, barley and rye products including breads, pasta, cereals, crackers, biscuits, pizza, snack products, semolina, couscous, granola, Muesli

Protein:

Most legumes, marinated meats/poultry/seafood, some processed meats, sausages, chorizo

Dairy products containing lactose:

Cow/goat/sheep milk, soft cheese, ricotta cheese, cream cheese, yogurt, Greek yogurt, ice cream, custard, pudding, cottage cheese, evaporated milk, sweet condensed milk

Nuts:



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Cashews, pistachios

Sweeteners - natural and artificial:

High fructose corn syrup, honey, agave nectar, sorbitol, xylitol, maltitol, mannitol, isomalt, inulin

Drinks:

Alcohol, sports drinks, coconut water, soy milk (from whole soybeans)

Condiments:

Hummus dip, relish, cream based pasta sauce, jam, Tzatziki dip