



## **The Low FODMAP Diet (FODMAP = Fermentable Oligo-DiMonosaccharides & Polyols)**

IBS treatment often includes diet and lifestyle modifications, fiber supplements, probiotics, and medications (antispasmodics, laxatives, antidepressants). Patients must take an individualized approach to dietary therapy because there is no one food or food group proven to trigger IBS symptoms in all patients and no one treatment that works in every person.

FODMAPs are carbohydrates (sugars) that are found in foods. Not all carbohydrates are considered FODMAPs.

In general, FODMAPs are part of nutritious diet and healthy individuals should continue to enjoy their benefits.

For these reasons, and others, you should not embark on the journey to lower FODMAPs in your diet unless you and your healthcare team believe it is a necessary step in your treatment plan and you have made the appropriate complex dietary adjustments to include nutritious foods that can provide nourishments similar to what FODMAPs provide.

The FODMAPs in the diet are:

- Fructose (fruits, honey, high fructose corn syrup (HFCS), etc.)
- Lactose (dairy)
- Fructans (wheat, onion, garlic, etc.) (fructans are also known as insulin)
- Galactans (beans, lentils, legumes such as soy, etc.)
- Polyols (sweeteners containing sorbitol, mannitol, xylitol, maltitol, stone fruits such as avocado, apricots, cherries, nectarines, peaches, plums, etc.)

FODMAPs are osmotic (means they pull water into the intestinal tract), and may not be digested or absorbed well and could be fermented upon by bacteria in the intestinal tract when eaten in excess.

Symptoms of gas, bloating, cramping, and/or diarrhea may occur in those who could be sensitive to the effects of FODMAPs. A low FODMAP diet may help reduce symptoms, which will limit foods high in fructose, lactose, fructans, galactans, and polyols.

- Water and gas build-up can cause bloating, cramps, diarrhea, and constipation. By reducing FODMAPs (/low-fodmap-diet/following-a-low-fodmap-diet), these digestive symptoms can be minimized in some people.
- 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 also 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.)

### **Tips for a low FODMAP diet:**

- Follow the diet for 6-12 weeks. After this, add high FODMAP foods one at a time back into the diet in small amounts to identify foods that could be “triggers” to your symptoms. Limit foods that trigger your symptoms.



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- Read food labels. Avoid foods made with high FODMAPs such as high FODMAP fruits, HFCS, honey, insulin, wheat, soy, etc. However, a food could be an overall low FODMAP food if a high FODMAP food is listed as the last ingredient.
- Buy gluten free grains as they are wheat free. However, 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. Avoid gluten free grains made with high FODMAPs.
- Limit serving sizes for low FODMAP fruits/vegetables and high fiber/low FODMAP foods such as quinoa to a ½ cup per meal (1/2 cup = size of a tennis ball) 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.

### **Low FODMAP Meals and Snack Ideas**

- Gluten free waffle with walnuts, blueberries, maple syrup without HFCS
- Eggs scrambled with spinach, bell peppers, and cheddar cheese
- Oatmeal topped with sliced banana, almonds, and brown sugar
- Fruit smoothie blended with lactose free vanilla yogurt and strawberries
- Rice pasta with chicken, tomatoes, spinach topped with pesto sauce
- Chicken salad mixed with chicken, lettuce, bell peppers, cucumbers, tomatoes, and balsamic vinegar salad dressing
- Turkey wrap with gluten free tortilla, sliced turkey, lettuce, tomato, slice of cheddar cheese, mayonnaise, and mustard
- Ham and swiss cheese sandwich made on gluten free bread, with mayonnaise and mustard
- Quesadilla with corn or gluten free tortilla and cheddar cheese
- Beef and vegetable stew (made with homemade broth, beef, allowed vegetables)

### **Sites for low FODMAP recipes:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3966170/>

<https://www.aboutibs.org/low-fodmap-diet/guidelines-for-a-low-fodmap-diet.html>

<https://www.badgut.org/information-centre/health-nutrition/low-fodmap-diet/>



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### COMMON FOODS CONTAINING FODMAPs

| EXCESS FRUCTOSE                                                                                                                                                                                                                                                                                                                                                                                                      | LACTOSE                                                                                                                                                                                                                                | FRUCTANS                                                                                                                                                                                                                                                                                                                                                               | GALACTANS                                                                                                                                                            | POLYOLS                                                                                                                                                                                                                                                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>&gt; <b>Fruits</b><br/>apples, pears, nashi, mangoes, tinned fruit in natural juice, watermelon</p> <p>&gt; <b>Sweeteners</b><br/>fructose, high fructose corn syrup</p> <p>&gt; <b>Large total fructose dose</b><br/>concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p>&gt; <b>Honey</b></p>  | <p>&gt; <b>Milk</b><br/>cows', goats' and sheeps' milk, yoghurt, ice cream</p> <p>&gt; <b>Cheeses</b><br/>soft and fresh (eg. ricotta, cottage)</p>  | <p>&gt; <b>Vegetables</b><br/>artichokes, beetroot, asparagus, Brussels sprouts, cabbage, fennel, garlic, leeks, okra, onions, spring onions (white part), shallots</p> <p>&gt; <b>Cereals</b><br/>wheat and rye when eaten in large amounts (eg. bread, pasta, couscous, crackers, biscuits)</p> <p>&gt; <b>Fruits</b><br/>watermelon, custard apples, persimmons</p> | <p>&gt; <b>Legumes</b><br/>chickpeas, lentils, red kidney beans, baked beans</p>  | <p>&gt; <b>Fruits</b><br/>apples, apricots, cherries, lychees, nashi, nectarines, pears, peaches, plums, prunes, watermelon</p> <p>&gt; <b>Vegetables</b><br/>avocados, mushrooms</p> <p>&gt; <b>Sweeteners</b><br/>sorbitol (420), mannitol (421), xylitol (967), maltitol (965), isomalt (953)</p>  |

### ✓ SUITABLE ON A LOW-FODMAP DIET

| FRUIT                                                                                                                                                                                                                                                                                                     | VEGETABLES                                                                                                                                                                                                                                                                                           | MILK PRODUCTS                                                                                                                                                                                                                                                                                                                                                                    | GRAIN FOODS                                                                                                                                                                                                                                                                                             | OTHERS                                                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>&gt; <b>Fruit</b><br/>bananas, grapefruit, blueberries, grapes, honeydew melons, kiwifruit, lemons, limes, mandarin, oranges, pawpaw, passionfruit, tangelos, raspberries, rock-melons, strawberries, tangelos</p>  | <p>&gt; <b>Vegetables</b><br/>bamboo shoots, bok choy, carrots, celery, capsicums, chokos, choy sum, corn, eggplant, green beans, lettuce, chives, parsnips, pumpkins, silver beet, spring onions (green part only), tomatoes</p> <p>&gt; <b>Onion/garlic substitutes</b><br/>garlic-infused oil</p> | <p>&gt; <b>Milk</b><br/>lactose-free, rice milk</p> <p>&gt; <b>Cheeses</b><br/>'hard' cheeses, and brie and camembert</p> <p>&gt; <b>Yoghurt</b><br/>lactose-free</p> <p>&gt; <b>Ice-cream substitutes</b><br/>gelati, sorbet</p> <p>&gt; <b>Butter substitutes</b><br/>milk-free spread</p>  | <p>&gt; <b>Cereals</b><br/>gluten-free bread/ cereal products</p> <p>&gt; <b>Bread</b><br/>100% spelt bread</p> <p>&gt; <b>Rice</b></p> <p>&gt; <b>Corn</b></p> <p>&gt; <b>Oats</b></p> <p>&gt; <b>Polenta</b></p>  | <p>&gt; <b>Sweeteners</b><br/>sugar (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p>&gt; <b>Honey substitutes</b><br/>maple syrup, golden syrup</p>  |