

Digestive and Liver Center of Florida

The Low



FODMAP Diet

Fermentable Oligo-Di-Monosaccharides and Polyols

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

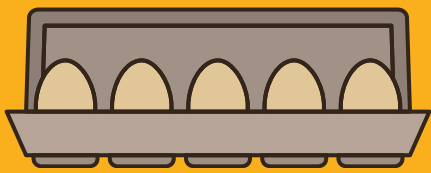
FODMAPs are osmotic (means they pull water into the intestinal tract), may not be digested or absorbed well and could be fermented upon by bacteria in the intestinal tract when eaten in excess

Symptoms of diarrhea, constipation, gas, bloating and/or cramping 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.

The low FODMAP diet is often used in those with irritable bowel syndrome (IBS). The diet could be possibly used 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 are also high in 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.)





Eggs, Meats, Poultry & Fish



Low FODMAPs



beef
chicken
deli slices
eggs
fish

lamb
pork
shellfish
turkey

High FODMAPs



made with
HFCS/foods to limit



Dairy



Low FODMAPs



lactose free dairy
low lactose dairy:
cream cheese
half and half,
hard cheeses:
cheddar
colby
parmesan
swiss

soft cheeses:
brie
feta
mozzarella
sherbet
greek yogurt
whipped cream

High FODMAPs



high lactose dairy:
buttermilk
chocolate
creamy/cheesy
sauces custard
ice cream
milk (cow's, goat's, sheep's,
condensed, evaporated)
soft cheeses
cottage
ricotta
sour cream



Meat, Non-Dairy Alternatives



Low FODMAPs



milk alternatives:
almond
coconut
rice
soy

made from soy protein
walnut
macadamia
pecan
pine

nut butters
tempeh
tofu

High FODMAPs



cashews
beans
black eyed peas
bulgur
lentils
miso
pistachios
soybeans
soy milk (made from soybeans)



Grains



Low FODMAPs

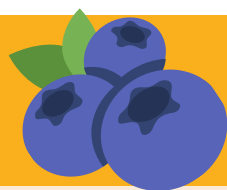


- | | |
|--------------------------|-----------|
| gluten free/spelt grains | crackers |
| corn | noodles |
| oats | pancakes |
| potato | pastas |
| quinoa | pretzels |
| rice | tortillas |
| tapioca | waffles |
| bagels | oatmeal |
| biscuits | oat bran |
| breads | popcorn |
| cereals | quinoa |
| chips | rice |
| | rice bran |

High FODMAPs



- made with wheat/barley/rye when it's the major ingredient
- gluten free/spelt grains made with foods to limit
- chicory root
- inulin



Fruits



Low FODMAPs



- | | |
|---------------|------------------------|
| lemon | bananas |
| lime | blueberries cantaloupe |
| mandarin | cranberries |
| orange | grapes |
| passion fruit | honeydew |
| pineapple | kiwi |
| raspberries | |
| rhubarb | |
| strawberries | |
| tangerine | |

High FODMAPs



- | | |
|---------------|------------|
| apples | mango |
| applesauce | nectarines |
| apricots | papaya |
| blackberries | peaches |
| boysenberries | pears |
| canned fruit | plums |
| dates | |
| dried fruits | |
| figs | |
| guava | |



Vegetables



Low FODMAPs



- | | |
|----------------------|------------------|
| alfalfa/bean sprouts | parsnips |
| bamboo shoots | pumpkin |
| bell peppers | potatoes |
| bok choy | radishes |
| carrots | rutabaga |
| cabbage (common) | seaweed (nori) |
| cucumbers | spinach |
| eggplant | squash |
| green beans | tomatoes |
| kale | turnips |
| lettuce | water chestnuts, |
| | zucchini |

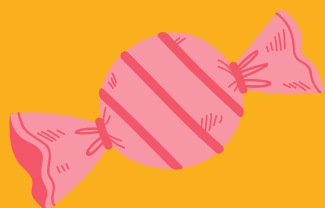
High FODMAPs



- artichokes
- cauliflower
- mushrooms
- sugar snap peas



Desserts



Low FODMAPs



As long as it's made with the foods that are allowed

High FODMAPs



made with HFCS/foods to limit



Beverages



Low FODMAPs



coffee

tea

fruit and vegetable juices/smoothies
made with foods allowed
(limit to ½ cup at a time)

High FODMAPs



made with HFCS/foods to limit

fortified wines (sherry, port)



Condiments



Low FODMAPs



jam
jelly
pickle
relish
salsa
salad dressing made with foods allowed
broth (homemade)
butter
chives
cooking oils
garlic/onion infused oil
maple syrup without HFCS
mustard
margarine
mayonnaise
onion (spring green part)
olives

pepper
pesto
salt
seeds (chia, flax, pumpkin, sesame, sunflower)
sugar
soy sauce
vinegar

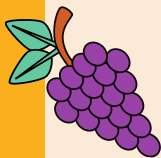
High FODMAPs



chutney
jam
jelly
pickle
relish
salsa
salad dressing made with HFCS
agave
garlic
garlic salt/powders
honey
hummus
molasses
onions (brown, leeks, shallots, spanish, white, spring-white part),

Moderate FODMAPs (limit)

There are some foods that are considered moderate FODMAPs. Follow the serving sizes listed below for these foods. Avoid the foods only if you have symptoms.



FRUITS

- 1/4 avocado
- <3 cherries
- 1/2 grapefruit (medium)
- <10 longon
- <5 lychee
- 1/2 pomegranate (small)
- <3 rambutan
- < 1/4 cup shredded coconut
- <10 dried banana chips



VEGETABLES

- 1/4 cup artichoke hearts (canned)
- <3 asparagus spears
- 4 beet slices
- < 1/2 cup broccoli
- < 1/2 cup brussels sprouts
- < 1/4 cup butternut pumpkin
- < 1 cup cabbage (savoy)
- 1 celery stick
- < 1/2 cup green peas
- 3 okra pods
- <10 pods snow peas
- 1/2 corn cob
- < 1/2 cup sweet potato



NUTS

- < 10 almonds
- < 10 hazelnuts

TIPS FOR A LOW FODMAP DIET

Review food lists, collect recipes and go grocery shopping first. Once you are ready, start and follow the diet for 6 weeks.

Read food labels. Avoid foods made with high FODMAP fruits/vegetables, HFCS, honey, inulin, wheat, soy, etc. However, a food could be low in FODMAPs if a high FODMAP food is listed at the end of the ingredient list.

Buy gluten free grains as they do not have wheat, barley or rye in them. However, you do not need to be on a strict gluten free diet as the focus is to limit FODMAPs, not gluten.

Limit serving sizes for low lactose dairy to small amounts and low FODMAP fruits/vegetables to a 1/2 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 FODMAPs all at once.

Include low FODMAP foods rich in fiber such as oatmeal if you develop constipation while on the diet. Drink plenty of water as well.

After the trial is over, add high FODMAP foods one at a time back in the diet in small amounts to identify foods that could be "triggers" to your symptoms. Limit those foods if so.

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 (½ cup)

rice pasta with chicken, tomatoes, spinach topped with pesto sauce

chicken salad mixed with chicken, lettuce, bell peppers, cucumbers, tomatoes, balsamic vinegar salad dressing without HFCS

turkey wrap with gluten free tortilla, sliced turkey, lettuce, tomato, slice of cheddar cheese slice, mayonnaise, mustard

ham and swiss cheese sandwich on gluten free bread, with mayonnaise, mustard

quesadilla with corn or gluten free tortilla and cheddar cheese

beef and vegetable stew (made with homemade broth, beef, allowed vegetables)



RESOURCES

The Monash University Low FODMAP Diet Department of Gastroenterology, Monash University

“Extending Our Knowledge of Fermentable, Short Chain Carbohydrates for Managing Gastrointestinal Symptoms” Nutrition in Clinical Practice June 2013

"A FODMAP Diet Update: Craze or Credible?" Nutrition Issues in Gastroenterology December 2012

"Evidence Based Dietary Management of Functional Gastrointestinal Symptoms: The FODMAP Approach” Journal of Gastroenterology and Hepatology February 2010

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