

# **FODMAP Diet**

Did you know that certain carbs could be contributing to your discomfort?  
A diet low in FODMAPs is scientifically proven, and is used as the most effective dietary therapy for Irritable Bowel Syndrome (IBS).  
Such symptoms include excessive wind (flatus), abdominal pain, bloating and distension, nausea and changes in bowel habits (diarrhoea and/or constipation).  
A Low FODMAP Diet has also been proven, to reduce symptoms of fatigue, lethargy and poor concentration.

## **What is FODMAP?**

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

They are osmotic, 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.

<b>F</b>	Fermentable
<b>O</b>	Oligo
<b>D</b>	Di
<b>M</b>	Monosaccharides
<b>A</b>	&
<b>P</b>	Polyols

## **The FODMAP are**

Fructose (fruits, honey, high fructose corn syrup (HFCS))
Lactose (dairy)
Fructans (wheat, garlic, onion, inulin)
Galactans (legumes such as beans, lentils, soybeans)
Polyols (sweeteners containing isomalt, mannitol, sorbitol, xylitol, stone fruits such as avocado, apricots, cherries, nectarines, peaches, plums)

## **Symptoms**

Symptoms of diarrhea, constipation, gas, bloating, 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.

## **Who can benefit**

It 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 as inflammatory bowel disease.

This diet will also limit fiber as some high fiber foods are also high in FODMAP (Fiber is a component of complex carbohydrates that the body cannot digest, found in plant based foods such as beans, fruits, vegetables, whole grains).

<b>Food Group</b>	<b>Low FODMAP (take)</b>	<b>Moderate FODMAP</b>	<b>High FODMAP (avoid)</b>
<b>Eggs, Meats, Poultry, Fish</b>	Beef, chicken, deli slices, eggs, fish, lamb, pork, shellfish, turkey		Made with HFCS/foods to limit
<b>Dairy</b>	<i>Lactose free dairy (any), low lactose dairy:</i> cream cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss), soft cheeses (brie, feta, mozzarella), sherbet, yogurt (greek), whipped cream		<i>High lactose dairy:</i> buttermilk, chocolate, creamy/cheesy sauces, custard, ice cream, milk (cow's, goat's, sheep's, condensed, evaporated), soft cheeses (cottage, ricotta), sour cream
<b>Meat, Non-Dairy Alternatives</b>	Milk alternatives (almond, coconut, rice, soy (made from soy protein)), nuts (walnut, macadamia, peanut, pecan, pine), nut butters, tempeh, tofu		Cashews, beans, black eyed peas, bulgur, lentils, miso, pistachios, soybeans, soy milk (made from soybeans)
<b>Grains</b>	<i>Made with gluten free/spelt grains (corn, oats, potato, quinoa, rice, tapioca):</i> bagels, biscuits, breads, cereals, chips, crackers, noodles, pancakes, pastas, pretzels, tortillas, waffles oatmeal, oat bran, popcorn, quinoa, rice, rice bran	Almonds, hazelnuts	Made with wheat/barley/rye when it's the major ingredient, gluten free/spelt grains made with foods to limit, chicory root, inulin
<b>Fruits</b>	Bananas, blueberries, cantaloupe, cranberries, grapes, honeydew, kiwi, lemon, lime, mandarin, orange, passion fruit, pineapple, raspberries, rhubarb, strawberries, tangerine	Avocado, cherries, grapefruit, longon, lychee, pomegranate Rambutan, coconut, dried banana chips	Apples, applesauce, apricots, blackberries, boysenberries, canned fruit, dates, dried fruits, figs, guava, mango, nectarines, papaya, peaches, pears, plums, persimmon, prunes, watermelon
<b>Vegetables</b>	Alfalfa/bean sprouts, bamboo shoots, bell	Artichoke hearts,	Artichoke, cauliflower,

	peppers, bok choy, carrots, cabbage (common), cucumbers, eggplant, green beans, kale, lettuce, parsnips, pumpkin, potatoes, radishes, rutabaga, seaweed (nori), spinach, squash, tomatoes, turnips, water chestnuts, zucchini	asparagus, beet slices, broccoli, Brussels sprouts, butternut, pumpkin, cabbage, celery stick, green peas, snow peas, corn cob, sweet potato	mushrooms, sugar snap peas
<b>Desserts</b>	Made with foods allowed		Made with HFCS/foods to limit
<b>Beverages</b>	Fruit and vegetable juices/smoothies made with foods allowed, coffee, tea		Made with HFCS/foods to limit, fortified wines (sherry, port)
<b>Seasonings, Condiments</b>	Jam, jelly, pickle, relish, salsa, sauce, salad dressing made with foods allowed, most spices and herbs, 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		Chutney, jam, jelly, pickle, relish, salsa, sauce or salad dressing made with HFCS/ foods to limit, agave, garlic, garlic salt/powders, honey, hummus, molasses, onions (brown, leeks, shallots, spanish, white, spring-white part), onion salt/powders, tomato paste, artificial sweeteners (isomalt, mannitol, sorbitol, xylitol)