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.

F	Fermentable
0	Oligo
D	Di
M	Monosaccharides
Α	&
P	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).

Food Group	Low FODMAP (take)	Moderate	High FODMAP
		FODMAP	(avoid)
Eggs, Meats, Poultry,	Beef, chicken, deli slices, eggs, fish, lamb,		Made with HFCS/foods to limit
Fish	pork, shellfish, turkey		***
Dairy	Lactose free dairy (any), low lactose dairy: cream cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss), soft cheeses (brie, feta, mozzarella), sherbet, yogurt (greek), whipped cream		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 Grains	Milk alternatives (almond, coconut, rice, soy (made from soy protein)), nuts (walnut, macadamia, peanut, pecan, pine), nut butters, tempeh, tofu Made with gluten free/spelt grains (corn, oats, potato, quinoa, rice, tapioca): bagels, biscuits, breads, cereals, chips, crackers, noodles, pancakes, pastas, pretzels, tortillas, waffles oatmeal, oat bran, popcorn, quinoa, rice,	Almonds, hazelnuts	Cashews, beans, black eyed peas, bulgur, lentils, miso, pistachios, soybeans, soy milk (made from soybeans) Made with wheat/barley/rye when it's the major ingredient, gluten free/spelt grains made with foods to limit, chicory root, inulin
Fruits	rice bran Bananas, blueberries, cantaloupe, cranberries, grapes, honeydew, kiwi, lemon, lime, mandarin, orange, passion fruit, pineapple, raspberries, rhubarb, strawberries,	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,
	tangerine		plums, persimmon, prunes, watermelon

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