

# FODMAP

## DIET GUIDE

### WHAT ARE THEY?

Numerous foods have been shown to trigger digestive symptoms. In particular, FODMAPs are short-chain carbohydrates that are poorly absorbed by the GI tract, in turn leading to nausea, bloating, gas, stomach pain, diarrhea, and/or constipation. Following a diet low in FODMAPs has been shown to significantly reduce these symptoms. A Low FODMAP diet has been shown to significantly help with Irritable Bowel Syndrome and Small Intestinal Bacterial Overgrowth.

### HOW LONG DO I NEED TO BE ON THIS DIET?

This diet is a TEMPORARY plan to help determine which foods might be causing your GI symptoms. It can be a restrictive diet, so we do not recommend to follow it too long. The goal is to identify what foods are troublesome through a short process.

### TIPS

- Read the labels of the foods you are buying. This will become helpful to familiarize yourself with all the ingredients in many processed foods.
- Make a shopping list before heading to the grocery store.
- Do not over-restrict your diet, you do not want to lose out on nutrients. Try to eat a nourishing well-balanced low FODMAP diet.
- Try a FODMAP diet app
  - 🌿 FODMAP A-Z
  - 🌿 FastFODMAP
  - 🌿 Low FODMAP Diet Recipes



# 3 Stages of the FODMAP Diet

## ELIMINATION SYMPTOM RELIEF

1. Identify High FODMAPs and reduce these in your diet, follow a Low FODMAP diet.
2. This is not an elimination diet! You are substituting one food for another (i.e. an apple for an orange).
3. This stage should last anywhere from 2-6 weeks.

## REINTRODUCTION IDENTIFYING TRIGGER FOODS

1. Reintroduce foods slowly in a methodical fashion.  
This way you can determine which foods and FODMAPs trigger symptoms.
  - i. Each FODMAP subgroup should be reintroduced separately while keeping the rest of your diet to a low FODMAP.

## PERSONALIZATION

1. Identify foods that cause the most symptoms and avoid these foods in particular.
2. Make a diary/list of these foods.



# Low FODMAPS

## FRUIT

Banana  
Blueberries ¼ cup  
Cantaloupe  
Cranberry  
Grapes  
Kiwi  
Lemon  
Mandarin  
Oranges  
Passion Fruit  
Raspberry  
Rhubarb  
Tangelo

## VEGETABLES

Alfalfa  
Bamboo Shoots  
Bok Choy  
Butternut Squash ¼ cup  
Carrot  
Celery  
Eggplant  
Ginger  
Green Beans  
Lettuce  
Olives  
Parship  
Spinach  
Sweet Potato ½ cup  
Tomato  
Turnip  
Zucchini

## HERBS

Basil  
Chili  
Coriander  
Lemongrass  
Marjoram  
Mint  
Oregano  
Parsley  
Rosemary  
Thyme

## GRAINS

Arrow Root  
Cereal  
Gluten Free Bread  
Millet  
Oats  
Polenta  
Psyllium  
Quinoa  
Rice  
Sorghum  
Tapioca

## MILK PRODUCTS

Lactose-Free Milk  
Oat Milk  
Rice Milk  
Soy Milk

## CHEESE

Brie  
Camembert  
Hard Cheeses

## LACTOSE-FREE

Ice Cream  
Yogurt

## BUTTER SUBSTITUTES

Olive Oil

## OTHER

Raw Sugar  
Sweeteners  
Sweeteners not  
ending in "ol"

## HONEY SUBSTITUTES

Maple Syrup  
Molasses 1 tsp



# High FODMAPS

## VEGETABLES

Artichokes  
Asparagus  
Broccoli  
Brussels  
Cauliflower  
Chicory  
Fennel  
Garlic  
Leek  
Mushrooms  
Onion  
Snow Peas  
Sweet Corn

## ADDITIVES

Inulin

## GRAINS, BEANS & NUTS

Barley  
Cashews  
Chickpeas  
Dry Beans  
Legumes  
Lentils  
Pistachio  
Rye  
Wheat

## LACTOSE

Condensed Milk  
Custard  
Ice Cream  
Milk  
Soft Un-Ripened  
Cheese  
Yogurt

## SWEETENERS

Fructose  
Fruit Juices  
High Fructose  
Corn Syrup  
Honey  
Isomalt  
Maltitol  
Mannitol  
Sorbitol  
Xylitol

Fructose becomes a problem when it is present in greater amounts than glucose. A ratio of Fructose: Glucose 1:1 is tolerated.

## FRUITS

Apples  
Apricots  
Boysenberry  
Canned Fruit  
Cherries  
Figs  
Mangoes  
Nectarines  
Peaches  
Pears  
Plums  
Prunes  
Tamarillo  
Watermelon