

### What are FODMAPs?

FODMAP stands for: Fermentable Oligo-Di-Monosaccharides and Polyols; these are a group of shortchain carbohydrates/sugars and sugar alcohols that are found in foods. They include fructose, lactose, fructans, galactans, and polyols. FODMAP's can be easily fermented in the large intestine and have an osmotic effect; meaning they increase (or pull) fluid into the intestinal tract and can result in symptoms such as gas, bloating, cramping, and/or diarrhea/constipation.

### Why follow a low FODMAP diet?

- Following a low FODMAP diet plan essentially cuts off the food supply for the bacteria in the large intestine, reducing the uncomfortable symptoms that many experience with functional GI disorders, like IBS (irritable bowel syndrome).
- This is not meant to be a lifetime diet; many people can liberalize their diet after finding out which FODMAP foods cause them GI distress and avoiding large amounts of them or eliminating them completely from diet.

### Suggestions:

- Follow diet for 6-8 weeks. Then begin to add in one high FODMAP food at a time in small amounts to identify those foods that could be “triggers” to your symptoms.
- Read food labels carefully. Avoiding those with high FODMAP ingredients (i.e. High fructose corn syrup, honey, wheat, soy, inulin).
- Limiting serving sizes of low FODMAP fruit & vegetables; excessive amounts could increase symptoms.
- Limiting serving sizes of high fiber/low FODMAP food sources; excessive amounts could increase symptoms.
- Buy gluten-free grains. These are free of wheat, which contains fructans, however be aware of other high FODMAP ingredients such as inulin or honey.
- Keep a detailed food diary. This enables your dietitian to better understand individual food choices.

### What are FODMAP food choices?

| Food Group:      | Recommended foods:  | Foods to limit:  |
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| Beverages:       | <ul style="list-style-type: none"> <li>• Water, sparkling water</li> <li>• Coffee Tea (black, green, peppermint, white).</li> </ul>   | <ul style="list-style-type: none"> <li>• Any containing HFCS</li> <li>• Fortified wines (sherry &amp; port), Rum Fruit &amp; vegetable juices.</li> </ul>  |
| Starches/Grains: | <ul style="list-style-type: none"> <li>• Wheat-free/Gluten-free grains &amp; flours; breads, cereals (cream of rice, corn flakes, etc), pasta (rice &amp; corn), chips (potato/tortilla), rice, quinoa, oats, corn tortilla.</li> </ul> | <ul style="list-style-type: none"> <li>• Any made from wheat/rye or wheat flours (kamut, enriched, semolina, durum, farina, graham, bromated, white flours) Inulin, chicory root, grains with HFCS.</li> </ul> |
| Dairy:           | <ul style="list-style-type: none"> <li>• Lactose-free dairy milk, almond milk, rice milk, coconut milk, hemp milk,</li> </ul>   | <ul style="list-style-type: none"> <li>• Milk (cow, goat, sheep, soy) Yogurt, ice cream, custard, evaporated milk,</li> </ul>  |

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|                            | lactose free yogurt, sorbet<br>Cheeses (Cheddar, Swiss, Colby, Gouda, Parmesan, Provolone, Monterey Jack, Muenster, Mozzarella, LF cottage cheese, LF cream cheese).   | sweetened-condensed milk, sour cream, whipped cream.  |
| Fruits:                    | <ul style="list-style-type: none"> <li>Bananas, berries (blueberry, raspberry, strawberry), melons (honeydew, cantaloupe), grapes, kiwi, lemons/limes, mandarin oranges, passion fruit, pineapple, rhubarb.</li> </ul>   | <ul style="list-style-type: none"> <li>Apples, avocados, applesauce, apricots, blackberries, canned fruit, cherries, dried fruits, figs, mango, nectarines, peaches, pears, plums, prunes, watermelon.</li> </ul> |
| Vegetables:                | <ul style="list-style-type: none"> <li>Bamboo shoots, bean sprouts, bok choy, bell peppers, carrots, cucumbers, eggplant, green beans, leafy greens (spinach, kale, lettuce), olives, parsnips, potatoes, radish, spring onion</li> <li>(green part only), summer squash, tomatoes, zucchini.</li> </ul> | <ul style="list-style-type: none"> <li>Artichokes, asparagus, brussels sprouts, cabbage, cauliflower, chicory, fennel, garlic, leeks, okra, mushrooms, onions, peas, snow peas, shallots.</li> </ul>              |
| Meat, fish, poultry, eggs: | <ul style="list-style-type: none"> <li>Beef, chicken, eggs/egg whites, deli meats, fish, lamb, pork, shellfish, tuna, turkey.</li> </ul>   | <ul style="list-style-type: none"> <li>Any made with HFCS, honey and/or high FODMAP fruit sauces.</li> </ul>  |
| Legumes/Nuts:              | <ul style="list-style-type: none"> <li>Peanuts, natural peanut butter, almonds, chia seeds, flax seeds, pecans, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds, walnuts.</li> </ul>   | <ul style="list-style-type: none"> <li>Baked beans, black-eyed peas, chickpeas (hummus), lentils, red kidney beans, pistachios, cashews.</li> </ul>   |
| Condiments & Seasonings:   | <ul style="list-style-type: none"> <li>Salt, pepper, most spices/herbs, butter, Olive oil, garlic-flavored oil, vegetable oils, vinegar, balsamic vinegar, soy sauce, mayonnaise, mustard.</li> </ul>  | <ul style="list-style-type: none"> <li>Any containing HFCS Agave, honey, jams/jellies, molasses, chutney Garlic, onions, pickles, relish High FODMAP fruit/veg sauces and salad dressings.</li> </ul>             |
| Dessert:                   | <ul style="list-style-type: none"> <li>Any made with recommended/low FODMAP foods.</li> </ul>  | <ul style="list-style-type: none"> <li>Any made with HFCS/high FODMAP foods.</li> </ul>   |
| Sugar and sweeteners:      | <ul style="list-style-type: none"> <li>Glucose, sugar (sucrose), pure maple syrup (without HFCS), sweeteners (those not ending in "ol" such as aspartame).</li> </ul>  | <ul style="list-style-type: none"> <li>Fructose, HFCS (high fructose corn syrup), sweeteners such as; sorbitol, mannitol, xylitol, maltitol, isomalt (sugar-free gums/mints/cough syrups).</li> </ul>             |
| Lactose:                   | <ul style="list-style-type: none"> <li>Lactose-free: milk, cottage cheese, ice cream, yogurt</li> </ul>  | <ul style="list-style-type: none"> <li>Milk (cow, goat, sheep) Yogurt, ice cream, custard,</li> </ul>   |

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|                 | <p>Rice milk, almond milk, hemp milk, coconut milk.</p> <ul style="list-style-type: none"> <li>• Cheeses: Cheddar, Swiss, Colby, Gouda, Parmesan, Provolone, Monterey Jack, Muenster, Mozzarella.</li> </ul>   | <p>evaporated milk, sweetened-condensed milk, sour cream, whipped cream.</p> <ul style="list-style-type: none"> <li>• Cheese: ricotta and cottage cheese.</li> </ul>   |
| Fructose:       | <ul style="list-style-type: none"> <li>• Fruits: bananas, berries (blueberry, raspberry, strawberry), melons (honeydew, cantaloupe), grapes, kiwi, lemons/limes, oranges, passion fruit, pineapple, rhubarb.</li> <li>• Sweeteners: glucose, sugar (sucrose), pure maple syrup (without HFCS), sweeteners (those not ending in "ol" such as aspartame), dark chocolate.</li> </ul>   | <ul style="list-style-type: none"> <li>• Fruits: apples, cherries, figs, mango, pears, watermelon.</li> <li>• Vegetables: artichokes, asparagus, sugar snap peas, sun-dried tomatoes</li> <li>• Sweeteners: agave, honey, fructose, HFCS (high fructose corn syrup).</li> </ul>  |
| Fructans / GOS: | <ul style="list-style-type: none"> <li>• Vegetables: bamboo shoots, bean sprouts, pickled beets, bell peppers, carrots, celeriac, chives, red and common cabbage, cucumbers, eggplant, green beans, leafy greens, lettuce, parsnips, potatoes, pumpkin, radish, spring onion (green part only), squash (1/4 c butternut/winter), spaghetti squash, tomatoes, zucchini.</li> <li>• Grains: Wheat-free/Gluten-free grains &amp; flours; breads, cereals (cream of rice, corn flakes, etc), pasta (rice &amp; corn), chips (potato/tortilla), rice, quinoa.</li> <li>• Nuts: almonds, hazelnuts, macadamia, peanuts, pecans, pine nuts, walnuts, chia seeds, pumpkin seeds, sesame seeds, sunflower seeds</li> <li>• Legumes: canned chickpeas (1/4 c), canned lentils (1/2 c), firm tofu, tempeh.</li> </ul> | <ul style="list-style-type: none"> <li>• Vegetables: artichokes, garlic, leeks, scallion bulbs (white part), shallot, onion, peas, soybeans.</li> <li>• Grains: wheat, rye, barley.</li> <li>• Fruit: currants, dates, figs, grapefruit, nectarine, plums, prunes, white peaches, watermelon.</li> <li>• Nuts: Pistachios, cashew.</li> <li>• Legumes: soy milk, soy flour, baked bean, black beans, fava beans, kidney beans, navy beans, split peas.</li> <li>• Other: inulin, chicory root, FOS (fructooligosaccharide).</li> </ul> |
| Polyols:        | <ul style="list-style-type: none"> <li>• Fruits: bananas, berries (blueberry, raspberry,</li> </ul>  | <ul style="list-style-type: none"> <li>• Fruit: apples, apricots, blackberries, cherries,</li> </ul>   |

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|  | <p>strawberries), cantaloupe, clementine, coconut, grapes, honeydew, kiwi, lemons/limes, orange, pineapple, rhubarb.</p> <ul style="list-style-type: none"> <li>• Vegetables: 1/8 avocado, 1/2 butternut squash, 1/4 celery stalk, 1/2 c sweet potato, oyster mushrooms</li> <li>• Sweeteners: glucose, sugar (sucrose), brown sugar, stevia, pure maple syrup, dark chocolate, sweeteners (those not ending in "ol" such as aspartame).</li> </ul> | <p>nectarines, pears, peaches, plums, prunes, watermelon.</p> <ul style="list-style-type: none"> <li>• Vegetables: cauliflower, mushrooms, snow peas</li> <li>• Sweeteners such as; sorbitol, mannitol, xylitol, maltitol, isomalt, those ending in "ol."</li> </ul> |
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### What is if I have questions?

- If you have any questions or concerns, please call dietitian at CentraCare Digestive Center at (320) 229-4916.