

Low FODMAP Diet

What are FODMAP's?

FODMAP stands for: **F**ermentable **O**ligo-**D**i-**M**onosaccharides and **P**olyols; these are a group of short-chain 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.

Any questions or concerns, please call dietitian at
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1900 CentraCare Circle, Suite 2400 St. Cloud, MN 56303
320-229-4916

FODMAP food choices:

Food Group	Recommended foods	Foods to limit
Beverages	Water, sparkling water Coffee Tea (black, green, peppermint, white)	Any containing HFCS Fortified wines (sherry & port), Rum Fruit & vegetable juices
Starches/Grains	Wheat-free/Gluten-free grains & flours; breads, cereals (cream of rice, corn flakes, etc), pasta (rice & corn), chips (potato/tortilla), rice, quinoa, oats, corn tortilla	Any made from wheat/rye or wheat flours (kamut, enriched, semolina, durum, farina, graham, bromated, white flours) Inulin, chicory root, grains with HFCS
Dairy	Lactose-free dairy milk, almond milk, rice milk, coconut milk, hemp milk, lactose free yogurt, sorbet Cheeses (Cheddar, Swiss, Colby, Gouda, Parmesan, Provolone, Monterey Jack, Muenster, Mozzarella, LF cottage cheese, LF cream cheese)	Milk (cow, goat, sheep, soy) Yogurt, ice cream, custard, evaporated milk, sweetened-condensed milk, sour cream, whipped cream
Fruits	Bananas, berries (blueberry, raspberry, strawberry), melons (honeydew, cantaloupe), grapes, kiwi, lemons/limes, mandarin oranges, passion fruit, pineapple, rhubarb	Apples, avocados, applesauce, apricots, blackberries, canned fruit, cherries, dried fruits, figs, mango, nectarines, peaches, pears, plums, prunes, watermelon
Vegetables	Bamboo shoots, bean sprouts, bok choy, bell peppers, carrots, cucumbers, eggplant, green beans, leafy greens (spinach, kale, lettuce), olives, parsnips, potatoes, radish, spring onion (green part only), summer squash, tomatoes, zucchini	Artichokes, asparagus, brussels sprouts, cabbage, cauliflower, chicory, fennel, garlic, leeks, okra, mushrooms, onions, peas, snow peas, shallots
Meat, fish, poultry, eggs	Beef, chicken, eggs/egg whites, deli meats, fish, lamb, pork, shellfish, tuna, turkey	Any made with HFCS, honey and/or high FODMAP fruit sauces
Legumes/Nuts	Peanuts, natural peanut butter, almonds, chia seeds, flax seeds, pecans, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds, walnuts	Baked beans, black-eyed peas, chickpeas (hummus), lentils, red kidney beans, pistachios, cashews
Condiments & Seasonings	Salt, pepper, most spices/herbs, butter, Olive oil, garlic-flavored oil, vegetable oils, vinegar, balsamic vinegar, soy sauce, mayonnaise, mustard	Any containing HFCS Agave, honey, jams/jellies, molasses, chutney Garlic, onions, pickles, relish High FODMAP fruit/veg sauces and salad dressings
Dessert	Any made with recommended/low FODMAP foods	Any made with HFCS/high FODMAP foods
Sugar and sweeteners	Glucose, sugar (sucrose), pure maple syrup (without HFCS), sweeteners (those not ending in "ol" such as aspartame)	Fructose, HFCS (high fructose corn syrup), sweeteners such as; sorbitol, mannitol, xylitol, maltitol, isomalt (sugar-free gums/mints/cough syrups)

FODMAP	Low FODMAP	High FODMAP
Lactose	Lactose-free: milk, cottage cheese, ice cream, yogurt Rice milk, almond milk, hemp milk, coconut milk Cheeses: Cheddar, Swiss, Colby, Gouda, Parmesan, Provolone, Monterey Jack, Muenster, Mozzarella	Milk (cow, goat, sheep) Yogurt, ice cream, custard, evaporated milk, sweetened-condensed milk, sour cream, whipped cream Cheese: ricotta and cottage cheese
Fructose	Fruits: bananas, berries (blueberry, raspberry, strawberry), melons (honeydew, cantaloupe), grapes, kiwi, lemons/limes, oranges, passion fruit, pineapple, rhubarb Sweeteners: glucose, sugar (sucrose), pure maple syrup (without HFCS), sweeteners (those not ending in "ol" such as aspartame), dark chocolate	Fruits: apples, cherries, figs, mango, pears, watermelon Vegetables: artichokes, asparagus, sugar snap peas, sun-dried tomatoes Sweeteners: agave, honey, fructose, HFCS (high fructose corn syrup)
Fructans / GOS	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 Grains: Wheat-free/Gluten-free grains & flours; breads, cereals (cream of rice, corn flakes, etc), pasta (rice & corn), chips (potato/tortilla), rice, quinoa Nuts: almonds, hazelnuts, macadamia, peanuts, pecans, pine nuts, walnuts, chia seeds, pumpkin seeds, sesame seeds, sunflower seeds Legumes: canned chickpeas (1/4 c), canned lentils (1/2 c), firm tofu, tempeh	Vegetables: artichokes, garlic, leeks, scallion bulbs (white part), shallot, onion, peas, soybeans Grains: wheat, rye, barley Fruit: currants, dates, figs, grapefruit, nectarine, plums, prunes, white peaches, watermelon Nuts: Pistachios, cashew Legumes: soy milk, soy flour, baked bean, black beans, fava beans, kidney beans, navy beans, split peas Other: inulin, chicory root, FOS (fructooligosaccharide)
Polyols	Fruits: bananas, berries (blueberry, raspberry, strawberries), cantaloupe, clementine, coconut, grapes, honeydew, kiwi, lemons/limes, orange, pineapple, rhubarb Vegetables: 1/8 avocado, 1/2 butternut squash, 1/4 celery stalk, 1/2 c sweet potato, oyster mushrooms Sweeteners: glucose, sugar (sucrose), brown sugar, stevia, pure maple syrup, dark chocolate, sweeteners (those not ending in "ol" such as aspartame)	Fruit: apples, apricots, blackberries, cherries, nectarines, pears, peaches, plums, prunes, watermelon Vegetables: cauliflower, mushrooms, snow peas Sweeteners such as; sorbitol, mannitol, xylitol, maltitol, isomalt, those ending in "ol"