

LOW FODMAP DIET

What Is the Low FODMAP Diet?

FODMAP stands for **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**onosaccharides **A**nd **P**olyols. These fermentable short-chain carbohydrates are prevalent in the diet.

- **Oligosaccharides:** fructans and galacto-oligosaccharides (GOS)
- **Disaccharides:** lactose
- **Monosaccharides:** fructose
- **Polyols:** sorbitol and mannitol



EAT MORE OF THESE FOODS

- **Lactose-free dairy:** rice milk, almond milk, coconut milk, hard cheeses
- **Fruit:** Bananas, berries, citrus
- **Vegetables:** Carrots, cucumbers, lettuce, eggplant
- **Protein:** Beef, pork, chicken, fish, eggs and tofu
- **Nuts/seeds (limit to 10-15 each):** Almonds, macadamia, peanuts, pine nuts and walnuts
- **Grain:** Oat, oat bran, rice bran, gluten-free pasta, such as rice, corn, quinoa, white rice, corn flour



EAT LESS OF THESE FOODS

- **Lactose:** Cow's milk, yogurt, ice cream
- **Fructose:**
 - *Fruit:* apple, peach, mango
 - *Sweeteners:* honey, agave nectar
 - *High fructose corn syrup*
- **Fructans:**
 - *Vegetables:* broccoli, asparagus, garlic, onions
 - *Grains:* wheat, rye
 - *Added fiber:* inulin
- **Galacto-oligosaccharides:**
 - legumes, soy, broccoli
- **Polyols**
 - *Fruits:* apples, apricots, watermelon
 - *Vegetables:* cauliflower, mushrooms, snow peas
 - *Sweeteners:* sorbitol, mannitol, xylitol, maltitol and isomalt



MAY TRIGGER IBS SYMPTOMS

- **Apples**
- **Beans**
- **Broccoli**
- **Cabbage**
- **Caffeine**
- **Cauliflower**
- **Foods/beverages sweetened with fructose or sorbitol**
- **Chocolate**
- **Dairy products**
- **Fatty foods**
- **Margarine**
- **Fruit juices**
- **Wheat products**

1. Harvard Health Publishing. Harvard Medical School. September 2019. Available from: <https://www.health.harvard.edu/diet-and-weight-loss/a-new-diet-to-manage-irritable-bowel-syndrome>. Accessed July 2021.