



Low FODMAPS Diet for IBS

FODMAPS stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. Theory is that many people with IBS have trouble absorbing these carbohydrates in their small intestines. Large molecules of these foods end up in the colon where they ferment, which creates most of the common symptoms of IBS (bloating, gas, constipation, diarrhea).

It is recommended to eliminate the foods below for 2-3 wks. If you are doing well, these foods may be reintroduced slowly and separately to determine what can be safely tolerated. Reintroduce 1 FODMAPS group every week, monitoring for return of symptoms. If symptoms restart, eliminate that again and remain stable for at least 1 week before trying to eliminate another food / food group

Snack Ideas:

Gluten free pretzels + mozzarella cheese stick
Rice cakes + peanut butter
Banana + almonds
Almond Nut Thins + swiss cheese
Yogurt with fruit and oats or nut on top

Flavor substitutions:

Onion- chives, green part of scallion, wheat-free brand of asafetida powder (found in Indian markets)

Garlic- Sauté garlic cloves in oil over medium heat until flavor permeates oil then remove garlic pieces. Do not add garlic to water-based recipes and remove garlic pieces because fructans in garlic are water soluble.

Grocery Shopping:

Read labels:

- Choose foods that list a high FODMAP food as one of the last ingredients.
- Avoid products that contain multiple FODMAPS or list a FODMAP food higher on ingredient list.
- Avoid added fiber such as inulin, often labeled as chicory root extract and fructo-oligosaccharides.

Nutrition Supplements:

- Vitamins- Choose 1 free of FODMAPS ingredients such as sorbitol and mannitol
- Fiber- Choose low FODMAPS sources such as oatmeal, rice bran, quinoa, fruits and vegetables. The fiber supplement of choice is Citrucel since it is not fermentable.

Resources:

- Monash University- www.med.monash.edu/cecs/fodmap
 - iPhone and Android application
- Shepherd Works- www.shepherdworks.com.au
 - The Low FODMAP Diet Cookbook

AVOID

Excess Fructose	Lactose	Fructans	Galactans	Polyols
<u>Fruit</u> Apple, mango, nashi, pear, watermelon, canned fruit, dried fruit, fruit juice <u>Sweeteners</u> Fructose, high fructose corn syrup, corn syrup, honey	Milk from cows, goats or sheep, custard, yogurt, ice cream, soft unripened cheeses such as cottage, ricotta and mascarpone	<u>Fruit</u> Apple, persimmon, watermelon <u>Vegetables</u> Asparagus, artichoke, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion, peas, snow peas, snap peas, shallots, spring onion <u>Grains</u> Wheat, rye <u>Other</u> Chicory, dandelion, inulin, fructo-oligosaccharides	Beans and legumes	<u>Fruit</u> Apple, blackberry, lychee, nashi, pear, watermelon Stone fruits: apricot, nectarine, cherry, peach, avocado, plum, prune <u>Vegetables</u> Cauliflower, green bell pepper, mushroom, sweet corn <u>Sweeteners</u> Sorbitol, mannitol, isomalt, maltitol, xylitol

ALLOWED

Fruit	Vegetables	Grains	Milk Products	Other
Banana, blueberry, boysenberry, cantaloupe, cranberry, durian, grape, grapefruit, honeydew, melon, kiwi, lemon, lime, mandarin, orange, passionfruit, pawpaw, pineapple, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo *limit quantity	Alfalfa, bamboo shoots, bean shoots, bok choy, carrots, corn, celery, choko, choy sum, cucumber, endive, ginger, green beans, lettuce, olives, parsnip, pumpkin, potato, red bell pepper, silver beet, spinach, summer squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini	Gluten free breads and cereals 100% spelt Rice, oats, polenta, Corn based products arrowroot, millet, psyllium, quinoa, sorghum, tapioca	Lactose free milk, oat, almond, coconut, rice, hemp, soy milk Kefir Hard cheese, brie, camembert, mozzarella, feta Lactose free yogurt Gelati, sorbet Olive oil spread	<u>Protein</u> Beef, chicken, fish, egg, tofu <u>Nuts/seeds</u> *limit to 1 svg per sitting Walnuts, almonds, peanuts, pecans, pine nuts, macadamia, sesame, sunflower, pumpkin <u>Sweeteners</u> Sugar (sucrose), glucose, artificial sweeteners not ending in “-ol”, golden syrup, maple syrup, molasses, treacle <u>Herbs</u> Basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme