



# LOW-FODMAP DIET

## FODMAP

Fermentable

Oligosaccharides

Disaccharides

Monosaccharides

And

Polyols

FODMAPs are found in wheat, onions, garlic, milk, legumes, high fructose corn syrup, apples and many other foods

## WHAT IS A LOW FODMAP DIET?

The fodmap diet is an elimination diet to determine food intolerance in people with Irritable bowel syndrome (IBS) or inflammatory bowel disease (IBD). It requires the elimination of fermentable carbs for 2-6 weeks and then reintroducing one food at a time to see if symptoms occur.

Low-FODMAP Diet may be recommended if you have symptoms such as:

- Belly Pain
- Bloating
- Gas
- Diarrhea

## HOW TO FOLLOW A LOW FODMAP DIET?

- **Step 1 (the elimination phase)** of the diet involves changing from high FODMAP foods to low FODMAP foods for a period of 2-6 weeks.
- **Step 2 (the reintroduction phase)** of the diet focuses on the reintroduction of FODMAPs into your diet. One FODMAP should be reintroduced every 3 days. This process of reintroducing foods can take 8-12 weeks.
- **Step 3 (the maintenance phase)** is the personalization phase of the diet. In this phase, you work on finding the balance between FODMAP rich foods and low FODMAP foods.

## HIGH FODMAP FOODS

**Vegetables:** Artichoke, asparagus, cauliflower, garlic, green peas, mushrooms, onion, sugar snap peas

**Fruits:** apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon

**Dairy:** Cow's milk, custard, evaporated milk, ice cream, soy milk (made from soybeans), sweetened condensed milk, yogurt

**Protein:** Most legumes/pulses, some marinated meats/poultry/seafood, some processed meats

**Breads/cereal:** wheat/rye/barley based breads, breakfast cereals, biscuits and snack products

**Sugars:** High fructose corn syrup, honey, sugar free confectionery

**Nuts/seeds:** cashews, pistachios

## LOW FODMAP FOODS

**Vegetables:** Aubergine/eggplant, bean (green), bok choy, green bell pepper, carrot, cucumber, lettuce, potato, bean shoots, zucchini

**Fruits:** Cantaloupe, kiwi fruit (green), mandarin, orange, pineapple, strawberries

**Dairy:** Almond milk, brie/camembert cheese, feta cheese, hard cheeses, lactose-free milk, soy milk (made from soy protein)

**Protein:** Eggs, firm tofu, plain cooked meats/poultry/seafood, tempeh

**Breads/cereal:** Gluten free corn flakes, oats, quinoa flakes, quinoa/rice/corn pasta, rice cakes (plain), sourdough spelt bread, wheat/rye/barley free breads

**Sugars:** Dark chocolate, maple syrup, rice malt syrup, table sugar

**Nuts/seeds:** Macadamias, peanuts, pumpkin seeds, walnuts