



# The FODMAP Diet

The **FODMAP** diet was developed at Monash University in Australia as an approach for managing patients with Functional Gut Disorders. It involves avoidance of foods that contain specific types of carbohydrates. **FODMAP** is an acronym that stands for **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**onosaccharides, **A**nd **P**olyols. These are specific types of carbohydrates that your body may be unable to efficiently absorb. Since they aren't getting absorbed, certain bacteria in your digestive tract start to feed on them. These bacteria then produce byproducts and waste materials that can lead to symptoms such as gas, bloating, and diarrhea. This can also lead to an overgrowth of these bacteria in the small intestine which can contribute to several other health problems.

## What specific foods are to be avoided and what foods are okay to eat?

Foods that contain higher levels of **FODMAPs** are to be avoided while on the diet; some examples of foods that are to be avoided (high-**FODMAP**) and those that are permitted (low-**FODMAP**) are as follows:

### Sweeteners

#### **Low-FODMAP**

- Glucose
- Maple Syrup
- Sucrose (table sugar)

#### **High-FODMAP**

- Agave, Honey
- High fructose corn syrup (HFCS)
- Sugar Alcohols: Maltitol, Mannitol, Sorbitol, Xylitol

### Fruits:

#### **Low-FODMAP**

- Blueberries
- Cantaloupe
- Grapes
- Oranges
- Pineapple
- Lemon
- Strawberry

#### **High-FODMAP**

- Apples
- Blackberries
- Avocado
- Cherries
- Mango
- Pear
- Watermelon

## Vegetables:

### **Low-FODMAP**

- Carrots
- Eggplant
- Chives
- Kale
- Potato
- Zucchini
- Green Beans

### **High-FODMAP**

- Garlic
- Onions
- Artichoke
- Asparagus
- Many Legumes (beans)
- Mushrooms
- Soy Beans

## Dairy and Dairy Replacements

### **Low-FODMAP**

- Butter
- Cheeses (2 oz. or less)
- Brie, Cottage, Feta, Ricotta, Mozzarella, Swiss
- Lactose Free Milk
- Rice/Oat Milk
- Tofu/Tempeh
- Eggs

### **High-FODMAP**

- Buttermilk
- Cream cheese
- Cream
- Ice Cream
- Milk
- Yogurt
- Sour Cream

## Meats and Seafood

Meats and Seafood themselves don't contain carbohydrates so they are not high in FODMAPs, however you should pay attention to how the Meat/Seafood is prepared; many sauces and side dishes may contain ingredients that are not permitted.

## Flavors

One challenge with the **FODMAP** Diet is the restriction on using garlic and onions. Since FODMAPs aren't soluble in oils, sautéing garlic and/or onions for about 5 minutes in olive oil and then discarding the actual onion or garlic while using the resulting oil is a way to keep flavor in your dish while leaving out those troublesome **FODMAPs**. The green parts of scallions are all right to use, as are chives and most spices such as salt, pepper and chilies.

## How should you implement the FODMAP Diet?

- Print out this handout of high and low FODMAP foods.
- Organize your kitchen by identifying foods that should be eliminated and stocking up on low-FODMAP foods.
- Pick a day to start the program. The program is typically done in three phases:
- Elimination: 4-8 weeks of eliminating all **FODMAPs**. If **FODMAPs** are the issue, symptoms should reduce significantly during this time.
- Reintroduction: You should return to your healthcare provider to evaluate the results of the Elimination phase. If you have had a positive response, then you can

consider reintroducing **FODMAPs** slowly and specifically, while closely monitoring for the reemergence of symptoms.

- Maintenance: A long term eating plan can then be designed with your healthcare provider that includes the addition of foods that seem to be tolerated (in both quality and quantity) and continued avoidance of problematic foods.

**For more extensive lists and discussion of the FODMAPs Diet see:**

<http://www.ibsdiets.org/fodmap-diet/fodmap-food-list/>

<http://www.med.monash.edu/cecs/gastro/fodmap/>

**\*Why are some sweeteners (like glucose) allowed and others are not?**

This all has to do with absorption. Glucose is a carbohydrate (sugar) that we are easily able to absorb. Other sweeteners have carbohydrates that may be not as easily absorbed. For example, problems can occur when there is more free-fructose in a food than glucose; this is why some fruits are ok on the **FODMAP** diet while others are not.