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Low FODMAP Diet

(FODMAP= Fermentable Oligo-Di-Monosaccharides and Polyols)

This diet is specially designed to reduce symptoms of irritable bowel syndrome (IBS) such as abdominal pain, constipation, diarrhea, bloating, excessive gas and other gastrointestinal symptoms. FODMAPs are carbohydrates (sugars) found in multiple foods we eat on a daily basis. However, not all carbohydrates are considered FODMAPs. **FODMAP** is an acronym referring to:

Fermentable **O**ligosaccharides (fructose molecule chains)

Disaccharides: Lactose (dairy) and excess fructose (fruits, high fructose corn syrup)

Monosaccharides

And

Polyols: Sorbitol, Mannitol, Maltitol, Xylitol, Isomalt (artificial sweeteners or organic sweeteners)

These are complex names for an assortment of molecules found in foods that can be poorly absorbed by some people. When the molecules are poorly absorbed in the small intestine of the digestive tract, these molecules then continue into the large intestine. In the large intestine, these molecules then become a food source to the bacteria that live there normally. The bacteria then ingest these FODMAPs which leads to malabsorption and symptoms of irritable bowel syndrome (IBS).

TIPS

- No two patients with IBS are the same so it is important for individuals to tailor their diet based on their own symptoms. Completely eliminating high FODMAP foods for 6 weeks is recommended.
- Avoid foods made with high FODMAPs such as high FODMAP fruits, HFCS (high-fructose corn syrup), honey, inulin (dietary fiber found in foods), wheat, etc. However, a food may still be an overall low FODMAP food if a high FODMAP food is listed as the last ingredient.

- Buy gluten-free grains (as they are wheat-free). However, you do not need to follow a 100% gluten-free diet -- the focus is on FODMAPs, not gluten. Look for gluten-free grains made with low FODMAPs, such as potato, quinoa, rice or corn.
- To identify foods that could be “triggers” to your symptoms, add high FODMAP foods back into your diet one at a time. Limit foods that trigger your symptoms. This will help pinpoint your individual level of tolerance.
- Many people ask about Truvia®. Although the product is “natural”, IBS sufferers who are sensitive to FODMAPs could potentially experience symptoms when consuming this sweetener in large quantities. It is suggested that you wait to try these “natural” sweeteners only after symptom are controlled 6-8 weeks.
- Eating out or going on holidays can pose a challenge but the occasional slip up can help provide proof that the diet is working.

Low FODMAP Meals and Snack Ideas

- Gluten-free waffle with walnuts, blueberries, maple syrup without HFCS.
- Eggs scrambled with spinach, bell peppers and cheddar cheese.
- Oatmeal topped with sliced banana, almonds and brown sugar.
- Fruit smoothie blended with lactose-free vanilla yogurt and strawberries.
- Rice pasta with chicken/firm tofu, tomatoes and spinach topped with pesto sauce.
- Chicken salad mixed with chicken, lettuce, bell peppers, cucumbers, tomatoes, balsamic vinegar salad dressing.
- Turkey wrap with gluten-free tortilla, sliced turkey, lettuce, tomato, cheddar cheese slice, mayonnaise, mustard.
- Ham and Swiss cheese sandwich on gluten-free bread, with mayonnaise, mustard.
- Quesadilla with gluten-free or corn tortilla, cheddar cheese and/or firm tofu.
- Beef and vegetable stew (made with homemade broth, beef, allowed vegetables).

Sites for low FODMAP recipes:

<http://www.taste.com.au/recipes/collections/low+fodmap+diet+recipes>

<http://www.lowfodmaprecipes.co.uk/>

References:

Low FODMAP Diet (2013). In *Shepherd Works*. Retrieved February 1, 2013, from <http://shepherdworks.com.au/disease-information/low-fodmap-diet>

The Low FODMAP Diet (2012, August). In *Digestive Health Center at Stanford Hospital and Clinics*. Retrieved February 1, 2013, from <http://stanfordhospital.org/digestivehealth/nutrition/DH-Low-FODMAP-Diet-Handout.pdf>

FODMAP DIET

Foods that DO NOT CONTAIN FODMAP – FRIENDLY FOODS

Fruit

Bananas, grapefruit, blueberries, grapes, honeydew melon, cantaloupe, clementine, coconut, dragonfruit, grapefruit, kiwifruit, lemons, limes, mandarin, oranges, papaya, pawpaw, passionfruit, pineapple, rockmelon, raspberries, rhubarb, starfruit, strawberries, tangelos

Vegetables

Arugula, Bamboo shoots, bok choy, bean sprouts, bell peppers, carrots, celery, capsicums, chokos, coy sum, corn, carrots, cabbage, eggplant, green beans, lettuce, endive, kale, chives, parsnips, pumpkin, potatoes, radish, rutabaga, spinach, swiss chard, silver beet, spring onion (green part only), turnip, tomatoes, water chestnuts, zucchini.

Substitutes- can use garlic/onion infused oil.

Milk products

Lactose free milk, lactose free ice cream, lactose-free cottage cheese, lactose-free yogurt and sorbets, rice milk, gelati, milk free spread

Cheeses

Brie, cheddar, feta, mozzarella, parmesan, Swiss, hard cheeses and camembert

Sweeteners

Maple syrups, table sugar (sucrose), golden syrup, glucose, artificial sweeteners not ending in -ol, example- Aspartame

Breads/grains

Gluten-free bread and cereals (check ingredients) 100% spelt bread corn, rice and quinoa pasta, rice cakes, potato and tortilla chips, rice, quinoa, oats, corn breads

Nuts/Seeds

(10-15 max or 1-2 tablespoons)

Almonds, Peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, 2 TB chia seeds, 1 TB flax.

Firm tofu

Alcohol

Most wines and beers, vodka and gin (limit 1 drink in general as alcohol is a gastric irritant)

IN MODERATION

Beets -4 slices
Broccoli (½ cup), Brussels sprouts (½ cup), butternut squash (¼ cup), fennel bulb (½ cup), green peas (1/3 cup), pomegranate (½ cup), savoy cabbage (1cup), snow peas (10 pods), sweet corn (½ cob), ¼ of an avocado, celery (1 stick), cherries (3), lychee (5), sweet potato (½ cup)

NOTE:

- 1 serving of fruit per meal max.
- 1 medium orange or banana.
- 1 cup berries, cantaloupe, pineapple or rhubarb.

FODMAP DIET

Foods that **CONTAIN FODMAP** – Please **AVOID**

Excess fructose

Fruits

Apples, pears, nashi, mangoes, canned fruit in natural juice, watermelon, boysenberry, cherries, figs

Sweeteners

Fructose, high fructose corn syrup, honey, agave

Large fructose doses -

Concentrated fruits sources, large servings of fruits, dried fruits and fruit juice

Vegetables

Artichokes, asparagus, sugar snap peas

Alcohol

Rum

Excess lactose

Milk

Cow, goat and sheep's milk yogurt, ice cream, evaporated milk, custards

Cheese

Soft and fresh (e.g. ricotta, cottage)

Fructans

Fruit

Custard apples, figs, nectarine, persimmon, white peaches, watermelon

Vegetables

Beats, brussels sprouts, cabbage, fennel, chick peas, lentils, red kidney beans, baked beans, soybeans and soy milk, okra garlic, leeks, onions, shallots, garlic powder

Grains and nuts

Rye, wheat and barley- avoid in large quantities (e.g. breads, pastas, crackers, biscuits)
inulin (may be labeled as chicory root or FOS)
pistachios, cashews

Polyols

Fruits

Apricot, cherries, lychees, nashi, pears, peaches, plums, prunes, blackberries

Vegetables

Avocados, mushrooms, cauliflower, pumpkin, snow peas

Sweeteners

Sorbitol, mannitol, maltitol, isomalt, xylitol (sugar-free, mint cough drops and in some medications)