



LOW FODMAP DIET

(Please visit www.monashfodmap.com for more detailed information regarding Low FODMAP diet)

What are FODMAPs?

FODMAP stands for **Fermentable Oligo-Di-Monosaccharides and Polyols**.

FODMAPS are carbohydrates (sugar and fiber) found in the following foods:

- Fructose (fruit sugar) – found in fruit, high fructose corn syrup, honey, and agave syrup
- Lactose (milk sugar) -- found in milk, yogurt, ice cream
- Oligosaccharides (fructans and galacto-oligosaccharides) – found in wheat, onions, garlic, chicory root, beans, hummus, and soy milk
- Polyols (sugar alcohols such as sorbitol, mannitol, and other sweeteners) – found in certain fruits and vegetables and some sugar free gum and candy

What is the Low FODMAP Diet?

The low FODMAP diet is recommended for patients with Irritable Bowel Syndrome (IBS) or functional abdominal pain to decrease symptoms such as excessive gas, bloating, abdominal pain, nausea, vomiting, and altered bowel pattern such as diarrhea or constipation.

The goal of the low FODMAP diet is to remove high FODMAP foods and then slowly re-introduce them back into the diet to find food that triggers GI symptoms. Patients are instructed to stay on low FODMAP diet for 4 weeks before reintroducing foods into their diet.

How are FODMAPs added back to the diet?

It is important to add back FODMAPs to the diet to identify potential “triggers” of gastrointestinal symptoms. Slowly introduce FODMAP foods back into your diet one at a time. Here are some general tips:

- Start reintroduction with a food containing only one FODMAP group at a time.
- Start slow and small when reintroducing FODMAPs. For example, when reintroducing garlic (fructans), don't add several cloves to your meal to identify if garlic causes gastrointestinal upset. Instead, start by adding small amounts such as a 1/2 of a clove at first and up to 1 clove per meal.

Tips for Success:

- Read food labels and ingredient lists for high FODMAP foods.
- Include low FODMAPs high in fiber (like oatmeal) and drink plenty of water if you develop constipation.
- Consider keeping a chart to track symptoms as you begin a low FODMAP diet or as you are reintroducing FODMAP foods.
- Choose low FODMAP fruits, vegetables, and meats that are in season to save money and ensure highest quality.
- Research low FODMAP foods ahead of time. Find pictures of low FODMAP food products using the internet to help you speed up the selection process when you get to the store.

Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
<p>fruit banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo</p> <p>Note: if fruit is dried, eat in small quantities</p> 	<p>vegetables alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini</p> <p>herbs basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>	<p>cereals gluten-free bread or cereal products</p> <p>bread 100% spelt bread</p> <p>rice</p> <p>oats</p> <p>polenta</p> <p>other arrowroot, millet, psyllium, quinoa, sorgum, tapioca</p> 	<p>milk lactose-free milk*, oat milk*, rice milk*, soy milk*</p> <p>*check for additives</p> <p>cheeses hard cheeses, and brie and camembert</p> <p>yoghurt lactose-free varieties</p> <p>ice-cream substitutes gelati, sorbet</p> <p>butter substitutes olive oil</p>	<p>tofu</p> <p>sweeteners sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p>honey substitutes golden syrup*, maple syrup*, molasses, treacle</p> <p>*small quantities</p> 

Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
<p>fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p>sweeteners fructose, high fructose corn syrup</p> <p>large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p>honey corn syrup, fruisana</p> 	<p>milk milk from cows, goats or sheep, custard, ice cream, yoghurt</p> <p>cheeses soft unripened cheeses eg. cottage, cream, mascarpone, ricotta</p> 	<p>vegetables artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion</p> <p>cereals wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta</p> <p>fruit custard apple, persimmon, watermelon</p> <p>miscellaneous chicory, dandelion, inulin, pistachio</p>	<p>legumes baked beans, chickpeas, kidney beans, lentils, soy beans</p> 	<p>fruit apple, apricot, avocado, blackberry, cherry, longan, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p> <p>sweeteners sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)</p> 