

NORTHEASTERN GASTROENTEROLOGY ASSOCIATES

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The Low FODMAP Diet

FODMAP is an acronym for Fermentable Oligo-Di-Monosaccharides and Polyols. They are carbohydrates (sugars) that are found in foods. Not all carbohydrates are considered FODMAPS.

The FODMAPs in the diet are fructose-also known as:


- Inulin (honey, high fructose corn syrup, etc),
- Lactose (found in dairy),
- Fructans (found in wheat, onion, garlic, etc),
Ggalactans (beans, lentils, legumes), polyols (sweeteners containing sorbitol, mannitol, zylitol, maltitol, stone fruits such as avocado, cherries, nectarines, peaches, plums).
- This diet also limits fiber as some high fiber foods may high amounts of FODMAPs. (Fiber is a component of complex carbohydrates that the body cannot digest).

FODMAPs are osmotic which means they pull water into the intestinal tract and may not be digested or absorbed well. They may be fermented by bacteria in the intestinal tract when eaten in excess. When that happens, it may cause symptoms such as gas, bloating, cramping and / or diarrhea. Decreasing the number of FODMAPs in the diet may decrease the occurrence of these symptoms.

This diet is often recommended to people who have Irritable Bowel Syndrome or Inflammatory Bowel Disease.



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	Tips to a Low FODMAP diet
	<ul style="list-style-type: none"> • Follow the diet of 6 weeks. After this, add high FODMAP foods one at a time back into the diet in small amounts to identify foods that could be “triggers” to your symptoms. Once you have identified the food, you will know to limit that food from your diet. • Read food labels. Avoid foods made with high FODMAPs such as high FODMAP fruits, High fructose corn syrup, honey, inulin, wheat, soy, etc. However, a food could be an overall low FODMAP food if a high FODMAP food 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 as the focus is on FODMAPs not gluten. Look for gluten free grains made with low FODMAPs such as potato, quinoa, rice, or corn. Avoid gluten free grains made with high FODMAPs.

~ Limit serving sizes for low FODMAP fruits/ vegetables and high fiber/ low FODMAP foods such as quinoa to a ½ cups per meal if you have symptoms after eating these foods. The symptoms could be related to eating large amounts of low FODMAPs or fiber all at once. Some high fibers foods allowed on the Low FODMAP diet include oats/ oat bran, navel oranges, strawberries, blueberries, raspberries.

~ Dairy products are allowed as long as they are lactose free. Examples of allowable foods include lactose free milk, lactose free cheeses, lactose free ice cream. You may try hard cheeses in small amounts and see how you react to them.



Low FODMAP Meals and Snack Ideas

- 1) Gluten free waffle with walnuts, blueberries, maple syrup (without High fructose corn syrup).
- 2) Scrambled eggs with spinach, bell peppers and cheddar cheese.
- 3) Oatmeal topped with sliced banana, almonds and brown sugar.
- 4) Fruit smoothie blended with lactose free vanilla yogurt and strawberries.
- 5) Rice pasta with chicken, tomatoes, spinach topped with pesto sauce.
- 6) Chicken salad mixed with chicken, lettuce, bell peppers, cucumbers, tomatoes, balsamic vinegar salad dressing.
- 7) Turkey wrap with gluten free tortilla, sliced turkey, lettuce, tomato, slice of cheddar cheese slice, mayonnaise, mustard.
- 8) Ham and Swiss cheese sandwich on gluten free bread, with mayonnaise and mustard.
- 9) Quesadilla with corn or gluten free tortilla and cheddar cheese.
- 10) Beef and vegetable stew (made with homemade broth, beef and allowed vegetables.)

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, eggplant, 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, 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, longon, 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> 