



# Low FODMAP diet

## What is a low FODMAP diet?

A low FODMAP diet can help reduce symptoms for most people with irritable bowel syndrome, intestinal bloating & cramping, diarrhea & constipation, and inflammatory bowel disease. FODMAP stands for:

Fermentable

Oligosaccharides (fructans, galactans)

Disaccharides (lactose)

Monosaccharides (fructose)

Polyols (sugar alcohols)

These are a variety of carbohydrates that aren't absorbed well in some people.

## The foods that contain FODMAPs are listed below.

### To try the diet:

- Choose low FODMAP foods for 6-8 weeks to help improve symptoms
  - Keep a food diary during this time to track your intake.
- Putting some FODMAP foods back into your diet may be possible after 6-8 weeks. Try one at a time every 4th day, and note your symptoms.
- You will likely need to limit FODMAP foods long-term, but including small amounts without symptoms may be possible.
- Many foods that are high in fiber need to be avoided on the diet. Therefore, make sure you're getting high fiber foods from the low FODMAP list, such as whole grains, vegetables & fruits.
  - Some fiber supplements contain high FODMAP ingredients that should be avoided, so be sure to check the label.

## Resources for FODMAPs

[www.katescarlata.com](http://www.katescarlata.com)

[www.ibsfree.net](http://www.ibsfree.net)

The Monash University Low FODMAP App for Smart phones

## HIGH FODMAP FOODS TO AVOID:

### Vegetables:

Artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, cauliflower, endive, garlic, leeks, mushrooms, okra, onions, peas, radicchio, shallots, sweet corn, sugar snap peas

### Legumes:

Beans, such as kidney, black eye peas, butter beans, chickpeas (hummus), pinto, soybeans (edamame), lentils, baked beans

### Fruit:

Apples, apricots, blackberries, canned fruit in syrup, cherries, dates, dried fruit, lychee, mango, nectarines, orange juice, papaya, peaches, pears, persimmons, plums, prunes, Thompson grapes, watermelon, large amounts of any fruit or fruit juice

## LOW FODMAP FOODS TO ENJOY:

### Vegetables:

Bamboo shoots, bean sprouts, bell peppers, bok choy, carrots, celery, chives, corn, cucumber, eggplant, endive, fennel (< ½ cup), ginger, green beans (1/2 cup), lettuce, parsnip, potato, pumpkin, snow peas (< 10), spinach, spring onion (green part only), squash, sweet potatoes (1/2 cup), taro, tomatoes, turnips, water chestnuts, yams, zucchini

### Fruit:

Bananas, blueberries, boysenberry, cantaloupe, citrus fruits such as oranges, grapefruit, lemons & limes, cranberries (fresh), durian, grapes other than Thompson, honeydew, kiwi, kumquats, passionfruit, fresh pineapple (limit to ½ cup), raspberries, rhubarb, starfruit, strawberries, tangelos, < ¼ avocado, < 1 tablespoon dried fruit

### Grains:

Arrowroot, barley, oats, corn, millet, potato, quinoa, rice, sorghum, tapioca and other wheat & rye-free grains

**Grains:** Wheat & rye-based breads, large portions of barley, pasta, spelt, cous cous, crackers, cookies, etc.

### Dairy:

Buttermilk, milk from cow, goat, sheep, or soy, evaporated milk, sweetened condensed milk, soft cheeses such as cottage, contijo, mascarpone and ricotta, ice cream, frozen yogurt, sherbet, yogurt (though yogurt is lower in lactose than milk and Greek yogurt is lowest in FODMAPs), soy yogurt, sour cream, whipping cream

### Sweeteners & Other Ingredients:

Agave, corn syrup & high fructose corn syrup, honey, and sugar alcohols including isomalt, maltitol, mannitol, sorbitol & xylitol, Splenda  
Chickory root extract or inulin (used to add fiber to processed foods), Rum, Dandelion

### Dairy:

Brie & camembert cheeses, cream cheese, butter, feta, half and half, hard cheeses (cheddar, mozzarella, parmesan, swiss, etc.; may need to limit the amount), gelato, lactose-free milk & yogurt, milk substitutes made from almond, coconut, hazelnut, rice, or hemp, lactose free keifer and lactose free ice cream and lactose free cottage cheese, plain Greek yogurt (limit to ½ cup), sorbet from FODMAP friendly fruits

### Sweeteners:

Brown sugar, evaporated cane juice, glucose, sugar (sucrose), pure maple syrup, molasses, and artificial sweeteners not ending in -ol, such as Stevia

Protein foods such as meat, poultry, fish, eggs & nuts/seeds (1-2 tablespoons max and avoid/limit pistachios and cashews) are naturally FODMAP-free. Firm tofu is low in FODMAPs. Limit alcohol to one serving as all alcohol is a gastric irritant. Olive and canola oil small quantities. Limit avocado to ¼ portion.

## MEAL IDEAS:

### Breakfast:

- Oatmeal with almond milk, blueberries & almonds
- Egg omelet with red bell peppers & spinach with sautéed potatoes
- Wheat/rye- free bread, such as Udi's, with peanut butter, served with strawberries
- Smoothie made with plain Greek yogurt (limit to ½ cup) & strawberries or blueberries, and wheat/rye-free toast or bagel
- 1 English muffin, gluten-free, 1 tsp. butter or margarine, 1 cup honeydew melon, 1 cup almond milk
- 1 cup gluten-free hot cereal made with ½ cup rice milk
- ½ cup strawberries, ½ cup blueberries, 1 egg, hard boiled
- 2 waffles, gluten free, 1 tsp. butter or margarine, 2 Tbs. maple syrup, 1cup blueberries, strawberries
- Corn flakes with rice or almond milk, banana, 1 tablespoon sliced almonds
- Quinoa with rice or almond milk, ¾ cup blueberries, 1 tablespoon pecans
- Egg white omelet, mozzarella, spinach, bell peppers, one slice gluten free bread and small orange
- Udi's white bread toasted, 2 tablespoons peanut butter (all natural) topped with ½ sliced banana and a sprinkle of chia seeds.
- Erewhon Corn Flakes or Crispy Brown Rice (gluten free) cereal, lactose free milk or rice milk, ½ sliced banana, 1 tablespoon pumpkin seeds.
- EnvironKidz Gorilla Munch, lactose free milk or rice milk topped with ½ cup blueberries.
- Banana Walnut Pancakes: Namaste Waffle and Pancake Mix or Bisquick Gluten free Pancake and Baking Mix prepared with FODMAP friendly ingredients adding in ½ mashed ripe banana, 1 tablespoon chopped walnuts and cook as directed. Top with a drizzle of maple syrup.
- Green Valley yogurt (check ingredients avoid those with honey or use other suitable lactose free yogurt) top with ¼ cup Bear Naked Vanilla Almond Granola and ½-1 cup strawberries.
- Chappaqua Simply Granola Vanilla and Flax with rice milk and an orange.
- EnvironKidz Panda Puffs with rice or lactose free milk and a kiwifruit.
- Smoothie: ½ cup frozen blueberries, 3-4 ounces plain Chobani Greek\* (or substitute in lactose free) yogurt blended with 2 teaspoons chia seeds until frothy (lactose content should be tolerated in 3-4 oz.)
- Vanilla French Toast: Whisk 1-2 eggs with ¼ cup lactose free milk, 1 teaspoon vanilla extract and a dash of cinnamon. Using gluten free bread, dip in mixture and brown up in skillet. Drizzle with pure maple syrup or a sprinkle of confectioner's sugar. Top with ½ cup fresh sliced strawberries and 1 tablespoon of sliced almonds.

## Lunch & Dinner:

- Sandwich (on GF bread) with sliced turkey, lettuce or spinach, tomato, sliced cheddar served with ½ cup lactose free yogurt or Greek yogurt, ½ cup blueberries
- Stir fry with brown rice or rice noodles, chicken, shrimp or beef, red bell peppers and bok choy
- Spinach salad with lemon dressing and cherry tomatoes, 2 brown rice cakes topped with natural almond butter, 1 cup fruit (kiwi, strawberries, mandarins)
- "Rice Bowl": scoop of brown rice, layered next with chopped Boston lettuce, cherry tomatoes, and scallion (green part only) top with grilled chicken or shrimp, and grated cheddar. Add fresh lemon juice and olive oil drizzle for dressing.
- Tuna Salad Lettuce Wraps: Tuna mixed with mayo, lemon juice. ¼ celery stalk, diced and fresh dill, served in Bibb lettuce leaves and a side of Baked Kettle potato chips. Enjoy with 1 cup chopped cantaloupe.
- Grilled cheddar, ham and tomato sandwich (use Udi's White bread or other FODMAPs friendly bread choice) with a side of kale salad (1 cup finely chopped kale, 5 cherry tomatoes, 1 Tablespoon pumpkin seeds with olive oil and lemon dressing)
- Tostada Pizza- Cook 1 pound ground chicken with 1 tablespoon of chili powder (choose chili powder without added onion such as Spice Appeal Brand), 1 teaspoon cumin, 1 teaspoon paprika and ½ teaspoon salt in non-stick skillet. Add ½ cup of water and simmer until cooked through and no longer pink. Top tostada shell with ¼ cup of meat mixture and sprinkle of grated cheddar cheese. Bake until cheese melts.
- Stuffed Baked Potato: Scoop out hot potato filling and mix with 1 tablespoon lactose free milk and 2 teaspoons butter. Sprinkle with cheddar cheese and mash to blend and place back in hot potato. Top with sautéed red peppers and chives.
- Lean piece of grilled steak (London broil or Flank), Bibb lettuce salad with grated carrots, cherry tomatoes and orange pepper slices with red wine vinegar and olive oil dressing and roasted potatoes.
- Rice pasta tossed with fresh chopped tomatoes, garlic infused oil (don't eat the garlic!), and fresh basil. Serve with lean, center cut pork chop and sautéed zucchini.
- Quinoa sautéed with red pepper slices, pine nuts and garlic infused olive oil. Enjoy with roasted chicken or grilled fish.
- Corn pasta tossed with garlic infused olive oil, ¼ cup feta cheese, ¼ cup drained and rinsed canned chickpeas, a few kalamata olives, chopped fresh parsley and mint or basil per preference.
- Stuffed peppers: Brown and cook thoroughly ground turkey, beef or Quorn grounds (no onion or garlic). Season with sea salt, pepper. Toss with equal amounts of cooked rice or quinoa. Blend in small amounts of feta cheese, chives and parsley. Stuff peppers and bake in covered casserole dish until pepper is soft and cheese is melted.
- Turkey or tuna wrap made in a rice-based tortilla such as Trader Joe's, served with baby carrots

- Meat served with rice or baked potato, green beans and green salad
- Chicken or fish served with quinoa, zucchini & tomatoes
- Tacos made with corn tortillas, filled with ground meat or turkey, lettuce and tomato and a sprinkling of cheddar cheese served with a green salad
- Chicken Caesar salad (without croutons) served with rice crackers
- 4 oz. pork tenderloin, grilled, 1 cup sweet corn, with, 1 Tbsp. chives, chopped, 1 tsp., butter or margarine, 1 cup green beans
- 4 oz. chicken breast, grilled, 1 cup sweet potato, mashed, 1 cup spinach, sautéed, ½ cup mushrooms, sautéed
- 4 oz. ground turkey, 1 cup gluten free pasta, ½ cup tomato sauce, ½ cup grilled zucchini

### Snacks:

- Gluten free pretzels or Blue Diamond Nut Thins with mozzarella string cheese
- Hard-boiled egg with cherry tomatoes
- Pumpkin seeds with ½ cup Greek or lactose free yogurt
- Brown rice cakes with natural peanut butter
- Banana with handful of walnuts
- One celery stick with natural peanut butter
- Carrots and red bell peppers dipped in tahini
- Snyder's of Hanover pretzels (gluten free) and cheddar cheese
- Crunchmaster Multi-seed crackers, string cheese and an orange
- Baby carrots and sliced cucumber wedges with dilly dip (Blend ½ cup lactose free cottage cheese with fresh chopped dill, sea salt, pepper in blender until creamy)
- Banana slices with spoonful of almond butter or peanut butter and sprinkle of semi-sweet chocolate chips
- Rice cake with peanut butter, ½ ripe banana sliced and topped with 1 tablespoon sliced almonds
- Rice crackers and Swiss cheese slices
- Vanilla lactose free yogurt (Green Valley) with blueberries and 1 tablespoon chia seeds
- ½ sandwich with Udi's white bread with sliced chicken, Bibb lettuce and tomato slice.
- Lundberg Rice Chips (sea salt)