

G. DeAn Strobel, MD, PA

Hormonal Balance & Wellness

Low-FODMAP Diet

The low-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 are not 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.

Animal Protein

Meats, poultry, and seafood themselves do not contain carbohydrates, so they are not high in FODMAPs. However careful attention must be paid to how animal proteins are prepared. Many sauces and side dishes may contain ingredients that are not permitted while following the low-FODMAP approach.

Legumes

Most legumes are moderate- to high-FODMAP foods. Some may be tolerated in reduced serving sizes, but these foods will likely need to be removed from the diet during an initial elimination phase.

Dairy & Alternatives

Low-FODMAP	High-FODMAP
<ul style="list-style-type: none">• Butter• Cheeses (2 oz. or less)• Brie, Cottage, Feta, Ricotta, Mozzarella, Swiss• Lactose Free Milk• Rice/Oat Milk• Tofu/Tempeh• Eggs	<ul style="list-style-type: none">• Buttermilk• Cream cheese• Cream• Ice Cream• Milk• Sour Cream• Yogurt

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Nuts & Seeds

Low-FODMAP	High-FODMAP
<ul style="list-style-type: none">• Brazil nuts• Chestnuts• Chia seeds• Flax seeds• Macadamias• Peanuts• Pecan halves• Pine nuts• Pumpkin seeds• Walnut halves	<ul style="list-style-type: none">• Almonds• Cashews• Coconut• Hazelnuts• Pistachios• Sesame seeds• Sunflower seeds

Fats & Oils

Low-FODMAP	High-FODMAP
<ul style="list-style-type: none">• Almond oil• Avocado oil• Butter/ghee• Coconut milk• Coconut oil• Olives• Olive oil (extra virgin)• Rice bran oil• Safflower• Sesame oil• Sunflower oil• Walnut Oil	<ul style="list-style-type: none">• Avocado (may be tolerated in small amounts)• Chocolate• Soybean oil• Salad dressings and sauces with sweeteners and high-FODMAP additives

Vegetables

Low-FODMAP	High-FODMAP
<ul style="list-style-type: none">• Carrots• Chives• Eggplant• Green Beans• Kale• Potato• Zucchini	<ul style="list-style-type: none">• Artichoke• Asparagus• Garlic• Many Legumes (beans)• Mushrooms• Onions• Soy Beans

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Fruits

Low-FODMAP	High-FODMAP
<ul style="list-style-type: none">• Blueberries• Cantaloupe• Grapes• Lemon• Oranges• Pineapple• Strawberry	<ul style="list-style-type: none">• Apples• Blackberries• Cherries• Mango• Pear• Watermelon

Sweeteners

Low-FODMAP	High-FODMAP
<ul style="list-style-type: none">• Glucose• Maple Syrup• Sucrose (table sugar)	<ul style="list-style-type: none">• Agave• High fructose corn syrup (HFCS)• Honey• Sugar Alcohols: Maltitol, Mannitol, Sorbitol, Xylitol

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 okay on a low-FODMAP diet while others are not.

Flavors

One challenge with the low-FODMAP diet is the restriction on using garlic and onions. FODMAPS aren't soluble in oils, so garlic and onions can be sautéed for about 5 minutes in olive oil and then discarded. The resulting flavored oil can be used to add flavor to dishes while leaving out those troublesome FODMAPS. Additionally, the green parts of scallions are safe to use, as are chives and most spices such as salt, pepper, and chile peppers.

How should you implement the Low-FODMAP Diet?

- Print out the last 2 pages of this handout of high- and low-FODMAP foods. You may want to print them on one page front/back and then laminate for a nice reference guide.
- Organize your kitchen by identifying foods that should be eliminated and stocking up on low-FODMAP foods.


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- Pick a day to start the program. The program is typically done in three phases:
 - **Elimination:** Remove all high-FODMAP foods for 4-8 weeks. If FODMAPs are the issue, symptoms should reduce significantly during this time.
 - **Reintroduction:** Return to your healthcare provider to evaluate the results of the Elimination phase. If you have had a positive response, consider reintroducing FODMAPs slowly and specifically, one at a time, while closely monitoring for the reemergence of symptoms.
 - **Maintenance:** A long-term eating plan can 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 foods that cause negative symptoms.

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LOW
FODMAP
DIET
EDUCATION

LOW FODMAP DIET CHECKLIST

[FOODS TO EAT]



dairy/ dairy alternatives

butter • cheeses (hard or aged): Brie, Camembert, Cheddar, Colby, feta, goat cheese, Gruyere, Havarti, mozzarella, Parmesan, pecorino, Swiss • LF cottage or cream cheese • LF cow's milk • LF ice cream • LF sour cream • non-dairy milk: almond, coconut milk (canned), hemp, rice milk • whipped cream • yogurt (LF or coconut)



nuts/oils/seeds

» Limit to one handful nuts & seeds

nuts » almonds, Brazil nuts, chestnuts, hazelnuts, macadamias, peanuts, pecans, pine nuts, walnuts, peanut butter (2 TB), almond butter (1 TB) • **oils** » all (olive, avocado, etc. + garlic and shallot infused oils) • **seeds** » caraway, chia, flax, hemp, poppy, pumpkin, sesame, sunflower

legumes

chickpeas (canned, ¼ cup drained & rinsed) • edamame (2 handfuls) • lentils (canned, ½ cup drained & rinsed) • tempeh (plain) • tofu (firm)

grains

buckwheat • corn flour • corn tortillas • GF bread (w/o FODMAP ingredients) • GF pasta (w/o FODMAP ingredients) • millet • oats • polenta • rice • rice cakes • rice flakes • quinoa • quinoa flakes • slow leavened sourdough wheat or spelt breads • soba noodles • sorghum • teff flour

vegetables/herbs

arugula • bamboo shoots • basil • bean sprouts • beets (canned or pickled) • bell peppers • bok choy • broccoli • cabbage (common, red or green) • capers • carrots • celeriac • chili pepper • chives • cilantro • collard greens • corn (½ cob) • cucumber • eggplant • endive • fennel bulb (few slices) • ginger root • green beans • kale • leek greens (no white part or bulb) • lettuce • mint • olives • oyster mushrooms • parsley • parsnip • potato (white) • pumpkin (canned) • radish • rosemary • rutabaga • scallion (no white part or bulb) • seaweed (nori) • spinach • squash (kabocha, patty pan, spaghetti) • sweet potato (½ small) • Swiss chard • thyme • tomatoes • turnip • water chestnuts • watercress • zucchini squash (5-6 slices)



fruit

avocado (3 slices) • banana (small firm) • banana chips (dried) • blueberries (handful) • cantaloupe • clementine • coconut (fresh + dried) • cranberries (1 TB) • dragon fruit • grapes (red, green, black) • guava (ripe) • honeydew • kiwifruit (gold + green) • lemon • lime • orange • papaya • passion fruit • pineapple • plantain • pomegranate (handful) • raisins (1 TB) • raspberries • rhubarb • star fruit • strawberries • tangelo

GF = gluten free • HFCS = high fructose corn syrup • LF = lactose free • TB = tablespoon



beverages

» alcohol, coffee, juice, tea

alcohol » most white and red wine, beer, gin, vodka, whiskey • coffee + espresso • **juice** » cranberry (without HFCS) • **tea** » black, green, peppermint, white

baking products & additives

» condiments, spices, sweeteners & sweets

cocoa powder • condiments (mustard, vinegar, soy sauce, ketchup -1 TB of each) • dark chocolate • GF flour blends (made with suitable ingredients) • maple syrup (pure) • rice syrup • spices (all-spice, cinnamon, coriander, cumin) • starch (corn, potato, tapioca) • stevia • sugar (brown, confectioners, table, palm, raw, white) • vanilla and almond extract

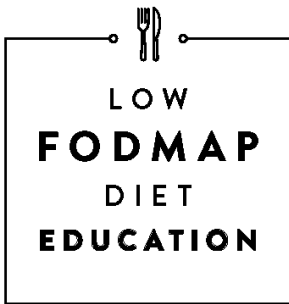


protein

beef • chicken • eggs • fish • lamb • pork • shellfish • tempeh (w/o fodmap ingredients) • tofu (firm) • tuna (canned)

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HIGH FODMAP DIET CHECKLIST

[FOODS TO AVOID]

dairy/dairy alternatives



cheese (soft): ricotta, cottage, or cream • condensed or evaporated milk • cow, goat, sheep milk • ice cream • plant based milks made with chicory root/inulin • soybean milk made with whole soybeans • yogurt

nuts/seeds/oils

cashews • pistachios

grains

barley • rye • wheat

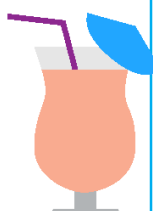
protein

protein (example beef, fish, chicken) marinated with flesh of garlic/onion



beverages

alcohol: rum • beverages made with cow's milk • fruit juices (most) • tea: oolong, chamomile, fennel, strong chai • kombucha



vegetables/herbs

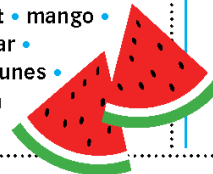
artichokes • asparagus • beets (fresh) • brussels sprouts • cauliflower • garlic • leek bulb • mushrooms (button, portobello, shitake) • onion • peas • savoy cabbage • scallion (bulb or white part) • shallot • snow peas • sugar snap peas • sun dried tomatoes



Always check ingredients on food labels to ensure they comply with current low FODMAP diet guidelines.

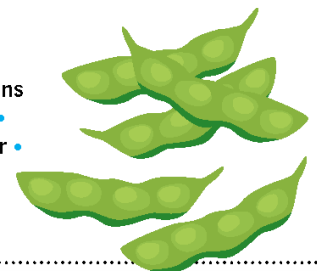
fruit

apple • apricot • banana (ripe) • blackberries • boysenberries • cherries • currants • dates • dried fruit (most) • grapefruit • mango • nectarine • peach • pear • persimmon • plum • prunes • tamarillo • watermelon



legumes

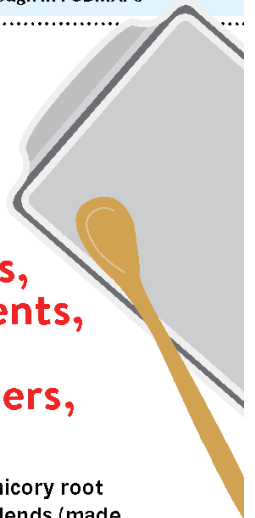
baked beans • black beans • borlotti beans • broad beans • fava beans • kidney beans • lima beans • navy beans • pinto beans • silken tofu • soybeans (mature) • soy flour • soy milk (made with whole soybean) • split peas



GF = gluten free • HFCS = high fructose corn syrup • FOS = fructo-oligosaccharides
* small amounts in a product should be low enough in FODMAPs

baking products, condiments, spices, sweeteners, sweets

agave syrup • chicory root extract • flour blends (made with wheat or gluten free flour blends made with bean flours) • garlic salt/powder • HFCS • inulin or FOS • honey* • isomalt • jam (with HFCS) • ketchup (with HFCS) • mannitol • molasses* • onion salt/powder • sorbitol • xylitol • most sugar free: gum, mints and candies



The low FODMAP elimination diet is to be followed for a limited time, approximately 2-6 weeks.