

## The Low FODMAP Diet

(FODMAP = Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols)

**FODMAPs** are sugars and fibers found in many foods. Some people are sensitive to FODMAPs. Patients with irritable bowel syndrome (IBS) are often triggered by FODMAPs. Following a Low FODMAP diet help manage symptoms of IBS and other digestive disorders.

### Groups of FODMAPs

There are 4 groups of FODMAPs:

- **Fructose** (Ex: apples, pears, watermelon, honey, high fructose corn syrup)
- **Lactose** (Ex: milk, ice cream, yogurt)
- **Fructans** (Ex: wheat, onion, garlic)
- **Galactans** (Ex: legumes, soy milk)
- **Polyols** (Ex: sorbitol, mannitol, xylitol, and foods like mushrooms and stone fruits)

### Symptoms

FODMAPs may cause:

- Abdominal cramping
- Bloating
- Excess gas
- Abnormal stools

### Starting the Low FODMAPS Diet

The best approach is to get help from a dietitian. They can guide you through food choices and ingredients. They can ensure good overall diet quality and help figure out food triggers.

The low FODMAP is **not** meant to be a long-term diet. The goal is to find triggers, manage them, and return to a normal diet.

The first step is to **avoid** high FODMAP foods for about 3-4 weeks. You will need to

read food labels to avoid high FODMAP ingredients. Substitute with low FODMAP foods.

If your symptoms improve, try adding back one high FODMAP group back for 2-3 days at a time. Allow for 3-5 days in between so you do not confuse symptoms.

### Low FODMAP Diet Tips






- FODMAPs are dose dependent. This means that if you are intolerant to a certain group, eating more will likely make your symptoms worse. You will most likely be able to handle a small amount.
- Wheat is a FODMAP. Eat gluten free grains when reducing FODMAPs, because they do not contain wheat.
- Most people are intolerant to just 1-2 FODMAP groups.
- Try to vary foods in your diet as much as you can to ensure a high-quality diet.

### Who to Call



If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

## Low-FODMAP Diet Food Choices

Fruit	Vegetables	Grains	Dairy	Other
<p>Banana, blueberry, cantaloupe, clementine, cranberry, <del>grapes</del>, grapefruit, honeydew, kiwi, lemon, lime, orange, pineapple, papaya, raspberry, rhubarb, strawberry</p> <div style="text-align: center;">  </div> <p>Note: Keep fruit servings to ½ cup per meal.</p>	<p>Alfalfa, bamboo shoots, bok choy, carrot, chives, cucumber, eggplant, green beans, lettuces or greens (all), parsnip, white potato, green bell peppers, pickle, radish, scallions (green portion), yellow squash, tomato, zucchini</p> <p style="text-align: center;"><b>Herbs</b></p> <p>Basil, coriander, marjoram, mint, oregano, parsley, rosemary, thyme</p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b>Cereals</b></p> <p>Gluten-free bread, Sourdough bread, or cereal products</p> <p style="text-align: center;"><b>Rice</b></p> <p>White, Brown, Wild</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>Oatmeal</b></p> <p><b>Corn chips and Corn tortillas</b></p> <p style="text-align: center;"><b>Other</b></p> <p>Amaranth, millet, quinoa, tapioca, cornmeal/polenta</p>	<p style="text-align: center;"><b>Milk</b></p> <p>Lactose-free milk rice or almond milk Lactose-free ice cream</p> <p style="text-align: center;"><b>Butter</b></p> <p style="text-align: center;"><b>Yogurt</b></p> <p>Lactose-free</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>Cheese</b></p> <p>Cheddar, Swiss, Parmesan, Feta, Havarti, Brie Lactose-free cottage cheese</p>	<p style="text-align: center;"><b>Meat, Eggs and Seafood</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>Sweeteners</b></p> <p>Sugar*, Splenda, Aspartame, 100% maple syrup*</p> <p style="text-align: center;"><b>Fats</b></p> <p>Oil, nuts/seeds* (no pistachios or cashews), mayo</p> <p style="text-align: center;"><b>Drinks</b></p> <p>Water, coffee Black*/green tea, (avoid chamomile, fennel, and oolong)</p> <p style="text-align: center;">*Small amounts Allowed.</p>

## Avoid or Reduce These Foods that Contain FODMAPs

Fructose	Lactose	Oligos	Polyols
<p><b>Fruit</b> Apple, mango, pear, cherry, watermelon, juice</p> <p><b>Other</b> Asparagus, broccoli, honey, high fructose corn syrup, Molasses</p> 	<p><b>Milk</b> Milk from cows/goats/sheep, custard, ice cream, yogurt, egg nog</p> <p><b>Cheese</b> Soft <del>unripened</del> cheese (ex: cottage, cream, mascarpone, ricotta), American, Gouda</p> <p>*Small amount of sour cream is okay.</p>	<p><b>Vegetables</b> Beet, Brussels sprouts, garlic, onion, chicory root</p>  <p><b>Other</b> Barley, beans, cashews, couscous, inulin, lentils, pistachios, rye, soy milk, wheat (pasta, bread), veggie burgers</p>	<p><b>Fruit</b> Apricot, avocado, blackberry, nectarine, peach, plum, prune</p> <p><b>Vegetables</b> Cauliflower, <del>corn</del>, celery, mushroom, <del>sweet potato</del>, snow peas</p> <p><b>Sweeteners</b> Ending in “ol” (i.e. xylitol, sorbitol) and isomalt</p>

### Low FODMAP Meal and Snack Ideas

<p>Breakfast:</p> <ul style="list-style-type: none"> <li>• Rice or corn cereal, lactose free milk, blueberries</li> <li>• Scrambled eggs, bacon, and gluten free or sourdough toast with peanut butter</li> <li>• Omelet with cheddar cheese, turkey, tomatoes, and spinach</li> </ul>
<p>Lunch:</p> <ul style="list-style-type: none"> <li>• Ham and Swiss on gluten free bread, grapes, plain potato chips</li> <li>• Corn tortilla with chicken and melted cheddar cheese, sour cream, side of baby carrots</li> <li>• Salad with cucumber, tomato, red bell pepper, feta cheese, olives, olive oil and vinegar</li> </ul>
<p>Dinner:</p> <ul style="list-style-type: none"> <li>• Fish fillet, white potato, green beans</li> <li>• Gluten-free pasta with chicken, tomatoes, spinach, and garlic infused oil</li> <li>• Beef stir fry with carrot, water chestnuts, scallions (green part only), red bell pepper, atop rice</li> </ul>
<p>Snacks:</p> <ul style="list-style-type: none"> <li>• String cheese, cheddar cheese, lactose-free yogurt, lactose-free ice cream</li> <li>• Gluten-free pretzels, plain potato chips, popcorn, or rice cakes</li> <li>• Small amount nuts with low FODMAP fruit</li> </ul>
<p>Seasonings:</p> <ul style="list-style-type: none"> <li>• Salt, pepper, paprika, cumin, ginger, most mustard (avoid onion and garlic)</li> <li>• Lemon, lime, vinegar, fish sauce, soy sauce</li> <li>• Scallions, basil, cilantro, chives, dill, parsley, rosemary</li> <li>• FODY™ brand seasonings and condiments</li> </ul>