

The Low FODMAP Diet

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

What are FODMAPs?

FODMAPs are a type of carbohydrate (carb) found in many foods. There are 4 groups of FODMAPs:

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

Why should I try a low FODMAP diet?

Some people are sensitive to FODMAPs, which leads to abdominal cramping, bloating, excess gas, and/or abnormal stools. Patients with irritable bowel syndrome (IBS) are often triggered by FODMAPs, but this diet may help with other digestive disorders as well.

How do I follow a low FODMAP 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 first step is to avoid high FODMAP foods for about 3-4 weeks. Eat low FODMAP foods. You will need to read food labels to avoid high FODMAP ingredients.






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.

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.



Low FODMAP Diet Tips

- Try to vary foods in your diet as much as you can to ensure a high-quality diet.
- 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.
- Meet with a dietician for help.

Low-FODMAP Diet Food Choices

Fruit	Vegetables	Grains	Dairy	Other
<p data-bbox="196 325 444 688">Banana, blueberry, cantaloupe, clementine, cranberry, grapes, grapefruit, honeydew, kiwi, lemon, lime, orange, pineapple, papaya, raspberry, rhubarb, strawberry</p>  <p data-bbox="204 1039 435 1146">Note: Keep fruit servings to ½ cup per meal</p>	<p data-bbox="493 325 721 867">Alfalfa, bamboo shoots, bok choy, carrot, chives, cucumber, eggplant, green beans, lettuce, leeks, parsnip, potato, red/orange bell peppers, pickle, radish, seaweed spinach scallions (green part), yellow squash, tomato, zucchini</p> <p data-bbox="561 911 647 940">Herbs</p> <p data-bbox="493 949 716 1089">Basil, coriander, marjoram, mint, oregano, parsley, rosemary, thyme</p> 	<p data-bbox="818 325 922 357">Cereals</p> <p data-bbox="769 365 971 541">Gluten-free bread, Sourdough bread, or cereal products</p> <p data-bbox="837 571 902 602">Rice</p> <p data-bbox="776 611 964 678">White, Brown, Wild</p>  <p data-bbox="829 963 911 995">Oats*</p> <p data-bbox="764 1003 976 1071">Corn chips and Corn tortilla</p> <p data-bbox="829 1100 911 1131">Other</p> <p data-bbox="760 1140 980 1278">Amaranth, millet, quinoa, tapioca, cornmeal/polenta</p>	<p data-bbox="1081 325 1157 357">Milk</p> <p data-bbox="1013 365 1224 541">Lactose-free milk rice or almond milk Lactose-free ice cream</p> <p data-bbox="1070 571 1166 602">Butter</p> <p data-bbox="1065 657 1170 688">Yogurt</p> <p data-bbox="1036 697 1200 728">Lactose-free</p>  <p data-bbox="1065 1024 1170 1056">Cheese</p> <p data-bbox="1013 1064 1224 1241">Cheddar, Swiss, Parmesan, Feta, Havarti, Brie Lactose-free cottage cheese</p>	<p data-bbox="1256 325 1468 392">Meat, Eggs and Seafood</p>  <p data-bbox="1284 581 1442 613">Sweeteners</p> <p data-bbox="1284 621 1446 798">Sugar*, Splenda, Aspartame, 100% maple syrup*</p> <p data-bbox="1333 829 1398 861">Fats</p> <p data-bbox="1256 869 1468 972">Oil, nuts/seeds* (no pistachios or cashews), mayo</p> <p data-bbox="1312 1003 1417 1035">Drinks</p> <p data-bbox="1273 1043 1451 1255">Water, coffee Black*/green tea, (avoid chamomile, fennel, and oolong)</p> <p data-bbox="1276 1293 1451 1350">*Small amounts allowed</p>

Avoid or Reduce These Foods that Contain FODMAPs

Fructose	Lactose	Oligos	Polyols
<p>Fruit Apple, mango, pear, cherry, watermelon, juice</p> <p>Other Asparagus, broccoli, honey, high fructose corn syrup, Molasses</p> 	<p>Milk Milk from cows/goats/sheep, custard, ice cream, yogurt, egg nog</p> <p>Cheese Soft unripened cheese (ex: cottage, cream, mascarpone, ricotta), American, Gouda</p> <p>*small amount sour cream is okay</p>	<p>Vegetables Beet, Brussels sprouts, garlic, onion, chicory root</p>  <p>Other Barley, beans, cashews, couscous, inulin, lentils, pistachios, rye, soy milk, wheat (pasta, bread), veggie burgers</p>	<p>Fruit Apricot, avocado, blackberry, nectarine, peach, plum, prune</p> <p>Vegetables Cauliflower, corn, celery, mushroom, sweet potato, snow peas</p> <p>Sweeteners 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"> • Rice or corn cereal, lactose free milk, blueberries • Scrambled eggs, bacon, and gluten free or sourdough toast with peanut butter • Omelette with cheddar cheese, turkey, tomatoes, and spinach
<p>Lunch:</p> <ul style="list-style-type: none"> • Ham and swiss on gluten free bread, grapes, plain potato chips • Corn tortilla with chicken and melted cheddar cheese, sour cream, side of baby carrots • Salad with cucumber, tomato, red bell pepper, feta cheese, olives, olive oil and vinegar
<p>Dinner:</p> <ul style="list-style-type: none"> • Fish fillet, white potato, green beans • Gluten-free pasta with chicken, tomatoes, spinach, and pesto sauce • Beef stir fry with carrot, water chestnuts, scallions (green part only), red bell pepper, atop rice
<p>Snacks:</p> <ul style="list-style-type: none"> • String cheese, cheddar cheese, lactose-free yogurt, lactose-free ice cream • Gluten-free pretzels, plain potato chips, popcorn, or rice cakes • Small amount nuts with low FODMAP fruit
<p>Seasonings:</p> <ul style="list-style-type: none"> • Salt, pepper, paprika, cumin, ginger, most mustard (avoid onion and garlic) • Lemon, lime, vinegar, fish sauce, soy sauce • Scallions, basil, cilantro, chives, dill, parsley, rosemary • FODY™ brand seasonings and condiments

Teach Back

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

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.

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

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**

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