

What are FODMAPS?

FODMAPS are the carbohydrates (sugars) found in foods. When they are not digested or absorbed well, intestinal bacteria may ferment FODMAPS when eaten in excess. The fermentation leads to gas, bloating, cramping, and/or diarrhea.

What is the Low FODMAPS Diet?

The FODMAP Diet is designed for individuals who may be sensitive to FODMAPS. When followed, it may help reduce the aforementioned symptoms.

Who uses the Low FODMAPS Diet?

The Low FODMAPS Diet is often used in individuals with irritable bowel syndrome (IBS). It may also benefit individuals who suffer from inflammatory bowel disease.

TIPS FOR A LOW FODMAP DIET:

- Follow the diet for 6 weeks. After 6 weeks, slowly reintroduce high FODMAP foods into your diet to help identify "trigger" foods. Note those triggers and limit their consumption.
- Read Food Labels.
- Buy gluten free grains as they are wheat free.

WHAT BEVERAGES ARE RECOMMENDED FOR A LOW FODMAP DIET?

- low FODMAP fruit/veggie juices, coffee, and tea

AVOID: any with HFCS, high FODMAP fruit/veggie juices, fortified wines



FODMAP CHOICES



MEAT, POULTRY, FISH, AND EGGS

FOODS TO EAT:

Beef, Chicken, Canned Tuna
Eggs, Egg Whites, Fish, Lamb,
Pork, Shellfish, Turkey, Cold Cuts

FOODS TO LIMIT:

Foods made with high
FODMAP sauces
or with HFCS



DAIRY

FOODS TO EAT:

Lactose Free, Small amounts of
cream cheese, half & half, hard cheeses
(cheddar, colby, parmesan, swiss),
mozzarella, sherbet

FOODS TO LIMIT:

Buttermilk, chocolate, cottage cheese,
ice cream, creamy sauces, milk,
sweetened condensed milk, brie, ricotta
sour cream, whipped cream, yogurt



MEAT AND NON-DAIRY ALTERNATIVES

FOODS TO EAT:

Almond Milk, Rice Milk,
Nuts, Nut Butter, Seeds

FOODS TO LIMIT:

Coconut milk, coconut cream,
beans, black eyed peas, hummus
lentils, pistachios, soy products



GRAINS

FOODS TO EAT:

wheat free grains & flours,(gluten free
grains are wheat free) bagels, breads, hot
/cold cereals, crackers, noodles,pastas,
quinoa, pancakes, pretzels, rice, tortillas

FOODS TO LIMIT:

chicory root, grains with HFCS,
flour tortillas, rye, wheat flours



FRUITS

FOODS TO EAT:

bananas, berries, cantaloupe, grapes,
grapefruit, kiwi, lemon, lime, orange,
pineapple, tangerine

FOODS TO LIMIT:

avocado, apples, applesauce
canned fruit, cherries, mango
peaches, plums, watermelon



VEGETABLES

FOODS TO EAT:

bell peppers, cucumbers, carrots, celery,
corn, lettuce, leafy greens, brussel sprouts,
cabbage, pumpkin, potatoes, squash, yams,
tomatoes, zucchini

FOODS TO LIMIT:

asparagus, beets, broccoli,
green beans, mushrooms



SEASONINGS/CONDIMENTS

FOODS TO EAT:

most spices and herbs, butter, chives,
flaxseed, olives, garlic or onion powder,
olive oil, pepper, salt, sugar, mustard, soy
sauce, marinara sauces, vinegar,
balsamic vinegar

FOODS TO LIMIT:

agave, coconut, garlic, honey,
jams, jellies, molasses, onion,
pickle, relish, artificial
sweeteners, mannitol, xylitol