

The Low FODMAP Diet

Simply speaking, FODMAPs are carbohydrates (sugars) that are found in foods. Not all carbohydrates are considered FODMAPs.

Some people are sensitive to these foods as they are osmotic (they pull water into the intestinal tract). This can cause them to not be digested or absorbed well in the digestive tract and be fermented upon by bacteria in the intestinal tract when eaten in excess. This can cause symptoms of gas, bloating, cramping or diarrhea.

This diet has been shown to be helpful in some people with Irritable Bowel Syndrome (IBS).

Starting a low FODMAP Diet

1. Do your research. The low FODMAP diet is complicated and this sheet is just to provide a basic reference. It is recommended to utilize the internet for more extensive information.
2. Follow the diet strictly for 6 weeks. After this, add high FODMAP foods one at a time to try to identify “trigger” foods. Continue to limit foods that trigger your symptoms.

Low FODMAP Food Chart

FOOD GROUP	Low FODMAP Foods (Foods to eat)	High FODMAP Foods (Foods to avoid)
Vegetables and Legumes	Bamboo Shoots, Bean Sprouts, Broccoli, Bell peppers (green or red), Cabbage (common and red), Carrots, Celery (less than 5cm stalk), Chickpeas (1/4 cup max), Corn (1/2 cob max), Cucumber, Eggplant, Green Beans, Kale, Lettuce, Parsnip, Potato, Pumpkin, Red Pepper, Scallions (green part), Squash, Sweet Potato, Tomatoes, Turnip, Zucchini	Garlic, Onions, Artichokes, Asparagus, Beans (black, broad, kidney, lima, soya), Beets, Leeks, Cauliflower, Cabbage, Savoy, Mushrooms, Peas, Scallions (white part),
Fruit	Bananas (unripe), Blueberries, Cantaloupe, Cranberry, Clementine, Grapes, Melons (Honeydew), Kiwifruit, Lemon, Orange, Pineapple, Raspberry, Rhubarb, Strawberry	Apples, Apricots, Avocado, Bananas (ripe), Blackberries, Grapefruit, Mango, Peaches, Pears, Plums, Raisins, Watermelon
Meat and Substitutes	Beef, Chicken, Lamb, Pork, Cold cuts	Chorizo, Sausage, Processed meat
Bread, Cereals, Grains and Pastas	Oats, Quinoa, Gluten free foods, Buckwheat, Cornflour, Oatmeal (1/2 cup max), Popcorn, Rice	Barley, Bran, Cous Cous, Muesli, Muffins, Rye, Semolina, Spelt, Wheat foods (bread, pasta etc.)
Nuts and Seeds	Almonds (max of 15), Chestnuts, Hazelnuts, Macadamia nuts, Peanuts, Pecans (max of 15), Poppy Seeds, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Walnuts	Cashews, Pistachio
Dairy	Butter, Dark Chocolate, Milk	Buttercream, Cream, Custard, Greek

	Chocolate (3 squares max), White Chocolate (3 squares max)	Yogurt, Ice Cream, Sour Cream, Yoghurt
Cheese	Brie, Camembert, Cheddar, Cottage Cheese, Feta, Mozzarella, Parmesan, Swiss	Cream Cheese, Ricotta Cheese
Condiments	Barbeque Sauce, Chutney (1 Tbsp max), Garlic infused oil, Strawberry Jam, Mayonnaise, Mustard, Soy Sauce, Tomato Sause	Hummus dip, Jam (mixed berry), Cream Based Pasta Sauce, Relish, Tzatziki dip
Sweeteners	Aspartame, Acesulfame K, Glucose, Saccharine, Stevia, Sucralose, Sugar / Sucrose	Agave, High Fructose Corn Syrup, Honey, Inulin, Isomalt, Maltitol, Mannitol, Sorbitol, Xylitol
Drinks	Beer (one max), coffee (black), Hot Chocolate Powder, Herbal Tea, Orange Juice (½ cup max) Peppermint Tea, Water, Wine (one max)	Coconut Water, Apple Juice, Pear Juice, Mango Juice, Soda with High Fructose Corn Syrup, Fennel Tea