FODMAP ELIMINATION DIET

What are FODMAPs?

Fermentable
Oligosaccharides (fructans, galactans/galacto-oligosaccharides)
Disaccharides (lactose)
Monosaccharides (excess fructose)
And
Polyols (sorbitol, mannitol; aka sugar alcohols)

FODMAPs are short chain carbohydrates- *sugars*, *starches*, and *fiber* that are not completely digested in our intestines. As FODMAPs move through the small intestine, water is pulled into the digestive tract. In the large intestine, microbes rapidly *ferment* FODMAPs as fuel to survive, creating gas. The excess gas and water in the intestine causes it to stretch and expand, which can be very uncomfortable or painful. Those with irritable bowel syndrome (IBS) are known to have a highly sensitive digestive tract; problems with diarrhea, constipation, or both can result.

What foods contain FODMAPs?

FODMAPs are found in many common foods. Examples (not inclusive):

FERMENTABLE

Oligosaccharides

Fructans:
Wheat, rye, barley
Garlic
Onions
Chicory root
Inulin
Brussels sprouts
Dried fruits
Dates

Galacto-oligosaccarides (GOS):
Legumes
Pistachios
Cashews

Disaccharides

Lactose:
Evaporated milk
Nonfat dry milk powder
Cow's milk
Goat milk
Ice cream
Cottage cheese
Ricotta cheese
Yogurt
Kefir

And

Monosaccharides

Excess Fructose:
High fructose corn syrup
Honey
Agave
Sugar snap peas
Asparagus
Mango

Polyols

Sorbitol:
Blackberries
Yellow peaches
Avocados (actually perseitol)

Mannitol:
Portobello mushrooms
Cauliflower
Celery

*many fruits and vegetables have more than one type of FODMAP:

Apples, Pears, Cherries, Watermelon, Button Mushrooms, Asparagus, Plums, Apricots, Prunes, Snow Peas, Butternut Squash

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What is the FODMAP Elimination Diet?

1. **Eliminate** FODMAPs from the diet for 2-6 weeks. Most will notice a decrease in symptoms the first week. Recommend working with a FODMAP-trained dietitian, as this can be challenging.
2. **Reintroduce** FODMAPs back into the diet in a methodical manner, noting any increase in symptoms for each type of FODMAP subgroup.
3. **Personalize** diet, moderating intake of FODMAPs that tend to cause symptoms. The goal is to expand the diet and eat a wide variety of tolerated foods!

★ Recommended apps:

Monash University Low FODMAP Diet App: Essential for elimination diet, foods are assigned a red/yellow/green light with allowed portion sizes. Updated as new foods are tested.

Fig App: Create a personalized food fingerprint, then scan food labels to help choose food products suitable for the Low FODMAP diet

Spoonful App: Scan and search Low FODMAP products; filter specific FODMAPs during elimination and reintroduction

Low FODMAP Resources:

- fodmapeveryday.com
- katescarlata.com
- ibsfree.net
- monashfodmap.com
- myginutrition.com
- Monash University's video explaining how FODMAPs cause symptoms

Low FODMAP Meal Plans

- livingplaterx.com
- platejoy.com
- soscuisine.com

Low FODMAP Meal Delivery

- modifyhealth.com
- epicured.com

Pinterest Boards with Brand Name Food Ideas, Resources, and Recipes:

- pinterest.com/UMGIdietitians/
- pinterest.com/fodmapeveryday/
- pinterest.com/monashfodmap/