



## Low FODMAP diet for IBS/Gas/ Bloating

Bowel irritability can be affected by the foods you eat. It is an important part of your treatment to instill dietary changes to improve symptoms such as abdominal bloating, excessive gas, abdominal pain, nausea, and changes in bowel habits (diarrhea/constipation). The low FODMAP diet is based on eliminating certain types of foods that increase bowel irritability symptoms. FODMAP stands for: fermentable sugars, oligosaccharides, disaccharides, monosaccharides, and polyols (artificial sweeteners ending in “ol” such as sorbitol). These are names of a collection of molecules/sugars found in food. FODMAPs pull excess water into the small intestine and are poorly absorbed in the small intestine. They will act as a food source for the bacteria that lives in the GI system. The bacteria will then digest/ferment the sugars to cause the symptoms listed above. Listed in this handout, you will find foods to eliminate from your diet, and a list of foods to include in your diet.

\*Please be advised that symptom improvement may take up to 12 weeks with any new diet changes.

FOOD GROUP	SAFE TO EAT	BE CAREFUL	AVOID EATING
VEGETABLES	Alfalfa (2 cup) Artichoke Hearts Canned (1/2 cup) Arugula (2 cups) Aubergine (1 cup) Avocado (1/8) Bamboo shoots, canned (1/3 cup) Bamboo shoots, fresh (1/2 cup) Bean sprouts (3/4 cup) Beet root canned (1/2 cup) Beet root pickled (2/3 cup)	Avocado (1/4) Asparagus (1 spear) Beetroot (4 slices) Bell Pepper (green; 1 medium) Brussels Sprouts (3 sprouts) Butternut Squash (1/3 cup) Cabbage (1 cup) Celery (1/3 medium stalk) Fennel Bulb (1/4 bulb) Green Beans (25 beans) Green Peas (1/3 cup) Guacamole Leek Leaves (1 cup) Sauerkraut	<b>Avocado (&gt;1/2)</b> <b>Artichoke</b> <b>Asparagus (5 spears)</b> <b>Bell Peppers (green 1/3)</b> <b>Beans</b> <b>Beets</b> <b>Black eyed Peas</b> <b>Broccoli (&gt;3/4 cup)</b> <b>Cauliflower (&gt;3/4 cup)</b> <b>Garlic</b> <b>Hummus</b> <b>Kidney beans</b> <b>Leek Bulb</b> <b>Lentils</b> <b>Mushrooms</b>

	<p>Bell Peppers (red and yellow; 1 medium, green- ½ cup)  Bok Choy (1 small; 1 cup)  Broccoli (¾ cup)  Butternut squash (1/3 cup)  Cabbage (green and red ¾ cup)  Savoy Cabbage (1/2 cup)  Carrots (1 medium)  Cassava (1/2 cup)  Cherry tomatoes  Chili Peppers (red and green 11 cm long)  Chives  Collard greens (1 cup chopped)  Corn (1/2 cob)  Corn, Baby (canned 1 cup)  Corn, Creamed (canned 1/3 cup)  Cucumber (1/2 cup)  Edamame (frozen, ½ cup- beans only)  Eggplant (1 cup)  Endive (7 leaves)  Fennel Bulb (1/2 cup)  Ginger Root (1 tsp.)  Green Beans (15 beans)  Green peas (1/4 cup)  Kale (1/2 cup chopped)  Lentils (canned ½ cup)  Lettuce/Leafy greens  Mushrooms, oyster (1 cup)  Okra (7 ½ pods)  Olives (green/black)  Parsnip  Pickles (without sugar)  Potato, Sweet (1/2 cup)  Potato, unpeeled (1/2 medium)  Pumpkin, canned (1/3 cup)  Pumpkin, butternut (1/3 cup)  Radish (4 radishes)  Rutabagas (1 cup)  Seaweed ( 2 sheets)  Spinach (2 cup)</p>		<p><b>Okra (10 pods)</b>  <b>Onions</b>  <b>Shallot</b>  <b>Snow peas</b>  <b>Sugar peas</b>  <b>Sweet corn</b>  <b>Radicchio/leaf Chicory</b>  <b>Tomato sauce and paste</b></p>
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	Spinach, baby (1 1/2 cups) Spring onion (green only) Squash Swiss chards Tomatoes Turnip (1/2 turnip) Water chestnuts Watercress Yams Zucchini (1/3 cup chopped)		
FRUITS	<u>SAFE TO EAT</u> Acai powder (1 Tbsp) Banana Chips dried (15 chips) Banana (1/3 ripe) Banana (unripe) Blueberries (1/4 cup) Boysenberry (5 berries) Cantaloupe (3/4 cup) Carambola (1 medium) Cherries (2 cherries) Clementine (1 medium) Coconut (2/3 cup) Coconut, shredded, dried (1/2 cup) Cranberry Cranberry dried (1 Tbsp) Cumquats (4 fruits) Currants (1 Tbsp) Dates (1/3 dates pitted) Dragon Fruit (1 medium) Dried Fruit (<1 Tbsp) Grapefruit (1/3 cup) Grapes (1 cup) Goji berries (1 Tbsp) Honeydew melon (1/2 cup) Kiwifruit (2 small) Lemon (1/2 cup) Lime (1 cup) Mandarin oranges (2 small) Mango (1/5 cup) Oranges (1 medium) Papaya (1 cup) Passion fruit (2 fruits) Pineapple (1 cup) Plantains (1 medium peeled)	<u>BE CAREFUL</u> Boysenberries (10 berries) Coconut (1 cup) Grapefruit (1/2 cup) Grapes (eating only 10-15 per serving) Pomegranate (1/3 cup)	<u>AVOID EATING</u> <b>Apples</b> <b>Apricots</b> <b>Avocado (1/2)</b> <b>Blackberries (2/3 cup)</b> <b>Canned fruit in natural juices</b> <b>Cherries (1 cup)</b> <b>Dried Fruit (&gt;1 Tbsp)</b> <b>Figs</b> <b>Fruit juices</b> <b>Grapes (&gt; than 15 per serving)</b> <b>Mango; fresh and dried (&gt;1/5 cup)</b> <b>Nectarines (1 medium)</b> <b>Peach</b> <b>Pears</b> <b>Persimmon</b> <b>Plum</b> <b>Prunes</b> <b>Raisins</b> <b>Watermelon (1 cup)</b>

	Raisins (1 Tbsp) Raspberry (30 berries) Rhubarb (1 cup) Star fruit (1 medium) Strawberries (10 medium chopped) Tangelos Tamarind (4 fruits) Watermelon (1 ½ tbsp)		
<b>STARCHES/GRAINS</b>	<u>SAFE TO EAT</u> White potatoes Plantains Turnip Rutabaga Taro Brown/White rice Rice cakes Wheat free grains Gluten free grains(to include pasta, bread, tortillas) Wheat free flour Gluten free flour Cheerios Corn Flakes Cream of rice Grits Millet Gluten free oats Quinoa Soba noodles Polenta Corn tortillas	<u>BE CAREFUL</u> Sweet potatoes	<u>AVOID EATING</u> <b>Barley</b> <b>Chicory root</b> <b>Inulin</b> <b>Flour</b> <b>Grains from wheat</b> <b>Gluten containing foods</b> <b>Flour tortillas</b> <b>Farina</b> <b>Rye</b> <b>Pea Starch</b> <b>Pea protein</b>
<b>NUTS/SEEDS</b>	<u>SAFE TO EAT</u> 10 Almonds 10 Brazil Nuts 10 Chestnuts 10 Hazelnuts 1 Tbsp Flax seeds 20 Macadamia 32 Peanuts 10 Pecans 1 Tbsp Pine nuts 10 Walnuts 2 Tbsp Chia Seeds 2 Tbsp Poppy Seeds 2 Tbsp Pumpkin Seeds 1 Tbsp Sesame Seeds	<u>BE CAREFUL</u>	<u>AVOID EATING</u> <b>Cashews</b> <b>Chickpea</b> <b>Flax Seeds &gt; 1 tbsp</b> <b>Pistachios</b>

	2 tsp Sunflower Seeds		
DAIRY	<u>SAFE TO EAT</u> Almond milk (1 cup) Buttermilk (1 tbsp) Cream Canned Coconut Milk (full or light) Coconut yogurt Ghee Goat's milk yogurt (3/4 cup) Hemp Milk Lactose-free milk Lactose free yogurt Ricotta cheese (2 tbsp) Rice milk (3/4 cup) Rice milk ice cream Sherbet Swiss cheese ( 2 slices) Lactose free cottage cheese, cream cheese, sour cream, whipped cream Vanilla Ice cream (2/3 scoop)	<u>BE CAREFUL</u> Aged cheese (2 slices or wedges) -Brie, Camembert, Cheddar, Colby, Goat Cheese, Feta, Parmesan, Pecorino Butter	<u>AVOID EATING</u> Buttermilk Condensed milk Custard (1/3 cup) Fresh cheese Ice cream Milk (cow's milk) Milk chocolate Sour cream Soy products Whipped Cream
PROTEIN	<u>SAFE TO EAT</u> (Make sure meat is prepared by baking, grilling, or sautéing) Bacon (without fructose) Beef (1 small filet) Chicken (4.4 oz) Canned Tuna Egg (2 eggs) Fish (4.06 oz) Lamb (4.4 oz) Meat Peanut Butter(<4tbsp) Pork (4.4 oz) Poultry (4.5 oz) Tofu (2/3 cup)		<u>AVOID EATING</u> Any protein that is prepared fried Breaded meats or fish Gravy Marinades Sauces
FATS/TREATS	<u>SAFE TO EAT</u> Brown Sugar (1/4 cup) Butter (1 tbsp) Coconut oil Cocoa powder (unsweetened)	<u>BE CAREFUL</u> Butter Lard	<u>AVOID EATING</u> Agave syrup Artificial sweetener High fructose corn syrup Honey Marinades Milk Chocolate Molasses

	<p>Dark Chocolate (5 small squares)  Ghee  Honey (1 teaspoon)  Olive oil  Garlic infused oil  Macadamia oil  Maple syrup  Mayonnaise (2 tbsp)  Raw sugar  Rice Malt Sugar  Table Sugar (1/4 cup)  Stevia (2 tsp.)  Palm sugar (1/4 cup)  Vanilla</p>		<p><b>Sauce</b>  <b>Sugar-alcohols(sorbitol, mannitol, xylitol, isomalt)</b>  <b>Sugar free gum/treats</b></p>
<p><b>SEASONING/  CONDIMENTS</b></p>	<p><u>SAFE TO EAT</u>  Salt and pepper  Fresh herbs  Dried herbs  Ginger  Garlic infused oil  Lemon/lime  Mayonnaise (2 tbsp)  Vinegar  AsaFoetida powder (onion powder sub)  Seaweed  Olive tapenade  Sun dried tomatoes  Mustard  Pickles /Relish  Wasabi</p>		<p><u>AVOID EATING</u>  <b>Salad dressing</b>  <b>Chicory</b>  <b>Inulin</b>  <b>Ketchup</b>  <b>Prebiotics</b>  <b>Onion powder</b>  <b>Garlic salt/powder</b>  <b>Gums, carrageenan (thickeners or stabilizers)</b></p>
<p><b>DRINKS AND ALCOHOL</b>  Note: Caffeine and alcohol irritate the gut, so use in moderation)</p>	<p><u>SAFE TO EAT</u>  Homemade bone broth  Water  Coconut Water (100 mL)  Cranberry Juice (1 glass)  Tea: Black, Green, White, herbal Peppermint tea  Coffee  Espresso  Most wine, gluten free (150 mL)  Beer (1 can)  Gin (30 mL)  Vodka (30 mL)  Whiskey (30 mL)</p>	<p><u>BE CAREFUL</u>  Dry wine  Fruit tea</p>	<p><u>AVOID EATING</u>  <b>Regular Beer</b>  <b>Rum</b>  <b>Fruit juices</b>  <b>Port wine</b>  <b>Soda</b>  <b>Teas- Oolong, chamomile, fennel herbal tea, carob, chicory root extract, Inulin, or FOS (fructooligosaccharides)</b></p>

	Red Wine (150 mL) Sweet white wine (150 mL)		
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## Nutrition Tips

- It is important to make changes to your eating plan gradually.
- Keep a list of the changes that help you feel better and what makes you feel worse.
- Eat meals and snacks on a regular schedule.
- Aim for 5 or 6 small meals/snacks each day. Do not skip meals.
- Increase fiber in your eating plan, but do so gradually.
- To get fiber, choose whole grains (such as whole wheat, bran, oats, brown rice, wild rice), seeds, nuts, and fresh fruits and vegetables.
- To reduce fiber intake:
  - Choose grains with refined white flour products (cream of wheat, fine-ground grits, white bread, white pasta, white rice, cold cereals made from white flour).
  - Check labels for less than 2 grams of fiber per serving.
  - Cook vegetables and use canned fruits rather than fresh fruits and vegetables.
  - Aim to consume 6 to 8 cups of water in addition to your other beverages.
  - A low-fat diet is often better tolerated. You may feel better if you avoid fried foods and foods prepared with added fat.
  - Limit acidic, spicy, fried, or greasy foods, caffeine, and mint if you have symptoms of reflux (heartburn) or have been diagnosed with GERD (gastroesophageal reflux disease).

If there is a particular food that is not listed here, try that food with caution. As with all diets, you may add in foods that you tolerate well and avoid foods that you note are personal triggers for your symptoms no matter which column they are in. If you have been advised to avoid a certain type of food by your healthcare provider for a different medical condition, continue to follow that advice as well. Lastly, Be sure and drink plenty of water!

Check out Monash University for further information about the Low fodmap diet and IFFGD.org.

# FODMAPS