

# Discover the Low FODMAP Diet

## A Revolutionary Solution for Irritable Bowel Syndrome (IBS)

Reducing IBS symptoms like abdominal pain, constipation, and bloating is possible with the Low FODMAP Diet. This specially designed eating plan targets carbohydrates found in everyday foods that can aggravate your digestive system. But not all carbs are the culprits - it's the group known as FODMAPs that you need to watch out for.

FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols. These fancy names refer to specific sugars and artificial sweeteners found in various foods. Unfortunately, some people struggle to properly absorb these molecules in their small intestine.

What happens next? These undigested molecules make their way to your large intestine, where they feed bacteria that call your gut home. The result? Malabsorption and oftentimes IBS symptoms.

By following the Low FODMAP Diet, you can take the first steps in controlling your gut health and saying goodbye to uncomfortable gastrointestinal issues.

Have questions? Call one of our experts at [\(715\) 847-2558](tel:7158472558).

### 5 HELPFUL HINTS

- 1** Completely eliminating high FODMAP foods for six weeks is recommended. After the six weeks – it's important to examine your own symptoms as each individual is different. Add back food items one at a time and pay attention to any trigger leading to symptoms to pinpoint your individual tolerance.
- 2** Read the ingredients carefully. Food may still be considered an overall low FODMAP food, even if a high FODMAP food is listed as the last ingredient.
- 3** Gluten-free grains (potato, quinoa, rice, corn, bread) are also wheat-free and qualify as low FODMAP. However, you do not need to be 100% gluten-free while on a low FODMAP diet.
- 4** Truvia® is considered a natural sweetener, but IBS sufferers who are sensitive to FODMAPs may be affected. Trying these "natural" sweeteners should only be done after symptoms are controlled for 6-8 weeks.
- 5** Special occasions and going out to eat can pose a challenge but occasional slip-ups can show you the diet is working.

# Allowed

## Fruit

Bananas, blueberries, cantaloupe, clementine, coconut, dragonfruit, grapes, grapefruit, honeydew melon, kiwis, lemons, limes, mandarin, oranges, papaya, pawpaw, passionfruit, pineapple, raspberries, rhubarb, rockmelon, starfruit, strawberries, tangelos

## Vegetables

Arugula, bamboo shoots, bean sprouts, bell peppers, bok choy, cabbage, carrots, capsicums, celery, chives, chokos, coy sum, corn, eggplant, endive, firm tofu, green beans, kale, lettuce, parsnips, potatoes, pumpkin, radish, rutabaga, silver beet, spinach, spring onion (green part only), swiss chard, tomatoes, turnip, water chestnuts, zucchini

Substitutes - can use garlic/onion-infused oil

## Milk

Gelati, lactose-free ice cream, lactose-free milk, lactose-free yogurt and sorbets, milk-free spread, rice milk

## Cheese

Brie, cheddar, feta, mozzarella, parmesan, swiss, lactose-free cottage cheese, hard cheeses and camembert

## Sweeteners

Artificial sweeteners not ending in -ol (e.g. aspartame), glucose, golden syrup, maple syrups, table sugar (sucrose)

## Grains and nuts

Almonds, corn bread, gluten-free bread, gluten-free cereals, peanuts, pecans, pine nuts, potato chips, pumpkin seeds, oats, quinoa, quinoa pasta, rice, rice cakes, rice pasta, sesame seeds, spelt, sunflower seeds, tortilla chips, walnuts

Note on nuts/seeds - limit to 10-15 pieces or 1-2 tablespoons

## Alcohol

Beer, gin, vodka, wine (limit to 1 drink as alcohol is a gastric irritant)

## OKAY IN MODERATION

Avocado (¼ of a whole), beets (4 slices), broccoli (½ cup), brussels sprouts (½ cup), butternut squash (¼ cup), celery (1 stick), cherries (3), chia seeds (2 tbsp), flax (1 tbsp), fennel bulb (½ cup), green peas (1/3 cup), lychee (5), pomegranate (½ cup), savoy cabbage (1 cup), snow peas (10 pods), sweet corn (½ cob), sweet potato (½ cup)

## NOTE:

- 1 serving of fruit per meal max
- 1 medium orange or banana
- 1 cup berries, cantaloupe, pineapple or rhubarb

# Avoid

## Excess fructose

### Fruits

Apples, boysenberries, canned fruit in natural juice, cherries, figs, mangoes, nashi, pears, watermelon

### Vegetables

Artichokes, asparagus, sugar snap peas

### Sweeteners

Agave, fructose, high fructose corn syrup, honey, large fructose doses (e.g. concentrated fruits sources, large servings of fruits, dried fruits and fruit juice)

### Alcohol

Rum

## Excess lactose

### Milk

Custards, ice cream, milk (cow, evaporated, goat, sheep), yogurt

### Cheese

Soft and fresh (e.g. ricotta, cottage)

## Fructans

### Fruit

Custard apples, figs, nectarines, persimmon, white peaches, watermelon

### Vegetables

Baked beans, beets, brussel sprouts, cabbage, chick peas, fennel, garlic, garlic powder, leeks, lentils, okra, onions, red kidney beans, shallots, soybeans and soy milk

### Grains and nuts

Cashews, inulin (may be labeled as chicory root or FOS), pistachios, rye, wheat and barley in large quantities (e.g. breads, pastas, crackers, biscuits)

## Polyols

### Fruits

Apricots, blackberries, cherries, lychees, nashi, peaches, pears, plums, prunes,

### Vegetables

Avocados, cauliflower, mushrooms, pumpkins, snow peas

### Sweeteners

Isomalt, maltitol, mannitol, sorbitol, xylitol (sugar-free items, mint cough drops, and found in some medications)

