



LIVING WITH A LOW FODMAP DIET

DIET TIPS & GUIDANCE

If you have IBS or chronic gastrointestinal complaints without an identified cause, consider a low-FODMAP diet.

This diet limits, but does not completely eliminate, foods containing:

- Lactose
- Fructose
- Fructans
- Galactans
- Sugar Alcohols (polyols)

By adopting a low-FODMAP diet, you may reduce symptoms and improve your digestive health.

HOW FODMAPS AFFECT YOUR GI TRACT

- 1. Poor Absorption:** These compounds are poorly absorbed in the intestines.
- 2. High Osmotic Activity:** They draw water into the intestines.
- 3. Rapid Fermentation:** Quickly fermented by GI bacteria.

HOW FODMAPS AFFECT YOUR GI TRACT

- Increased water and gas in the GI tract
- GI tract distention
- Changes in GI motility
- Bloating
- Discomfort
- Flatulence



HOW TO ASSESS YOUR TOLERANCE TO FODMAPS

1. Remove high FODMAP foods for at least **six weeks**.

2. Gradually reintroduce foods one at a time.

Introduce one food every three days.

If symptoms appear (bloating, discomfort, etc.), consider this food a "trigger."

3. After identifying a trigger, take a two-week break or wait until symptoms fully resolve before trying another new food.

COMMON GI SYMPTOMS

- Abdominal Pain
- Gas
- Bloating
- Flatulence
- Burping
- Constipation
- Diarrhea

Need more help?
GI Associates is here for you.

Schedule your appointment today:
715.847.2558 or giassoc.org

CATEGORY	HIGH IN FODMAPS	LOW IN FODMAPS
Milk	<ul style="list-style-type: none"> • Milk: cow, sheep, goat, soy • Creamy soups made with milk • Evaporated milk • Sweetened condensed milk • Coconut 	<ul style="list-style-type: none"> • Milk: almond, hazelnut, hemp, rice • Lactose-free cow's milk • Lactose-free Kefir
Yogurt	<ul style="list-style-type: none"> • Cow's milk yogurt • Soy yogurt • Sherbet • Cream desserts 	
Cheese	<ul style="list-style-type: none"> • Cottage cheese • Ricotta cheese 	<ul style="list-style-type: none"> • Hard cheeses including cheddar, swiss, brie, blue cheese, mozzarella, parmesan, and feta • No more than 2 tablespoons of ricotta or cottage cheese • Lactose-free cottage cheese
Dairy	<ul style="list-style-type: none"> • Sour cream • Whipping cream 	<ul style="list-style-type: none"> • Butter • Half-and-Half • Cream cheese
Desserts	<ul style="list-style-type: none"> • Ice cream • Frozen yogurt 	<ul style="list-style-type: none"> • Sorbet from FODMAPs friendly fruit
Fruits	<ul style="list-style-type: none"> • Apples • Pears • Cherries • Raspberries • Blackberries • Watermelon • Nectarines • Peaches • Apricots • Plums • Prunes • Mango • Orange juice • Canned fruit 	<ul style="list-style-type: none"> • Banana • Blueberries • Strawberries • Cantaloupe • Honeydew • Grapefruit • Lemon • Lime • Grapes • Kiwi • Pineapple • Rhubarb • <1/4 Avocado • <1 tablespoon dried fruit • Limit consumption to one low FODMAPs fruit per meal
Veggies	<ul style="list-style-type: none"> • Artichokes • Asparagus • Sugar snap peas • Cabbage • Onions • Shallot • Leek • Onion and garlic salt powders • Garlic • Cauliflower • Mushrooms • Pumpkin • Green peppers 	<ul style="list-style-type: none"> • Bok choy • Bean sprouts • Lettuce • Spinach • Carrots • Chives • Cucumber • Eggplant • Green beans • Tomato • Potatoes • Squash • Water chestnuts • <1 stick celery • <1/2 cup sweet potato, broccoli, brussel sprouts, butternut squash, fennel • <10 snow peas • Spring onion

Grains	<ul style="list-style-type: none"> • Wheat • Rye • Barley - large quantities • Spelt • Kamut 	<ul style="list-style-type: none"> • Brown rice • Gluten-free oats • Oat bran • Quinoa • Corn • Gluten-free bread/cereals/pasta and crackers (without honey, apple/pear juice, agave or HFCS) • Gluten-free multipurpose flour
Legumes	<ul style="list-style-type: none"> • Chickpeas • Hummus • Kidney beans 	<ul style="list-style-type: none"> • Tofu • Peanuts • <1/3 cup green peas
Nuts/Seeds	<ul style="list-style-type: none"> • Pistachios 	<ul style="list-style-type: none"> • 10-15 max or 1-2 tablespoons almonds, macadamia, pecans, pine nuts, walnuts, pumpkin seed, sesame seed, sunflower seeds
Sweeteners	<ul style="list-style-type: none"> • Honey • Agave • High fructose corn syrup • Sorbitol, mannitol, xylitol, maltitol, splenda (may alter friendly gut flora) 	<ul style="list-style-type: none"> • Sugar • Glucose • Sucrose • Pure maple syrup • Aspartame
Fiber	<ul style="list-style-type: none"> • Inulin • FOS (fructo-oligosaccharides) • Sugar alcohols • Chicory root 	
Alcohol	<ul style="list-style-type: none"> • Rum, wine, beer, vodka, gin 	
Meat		<ul style="list-style-type: none"> • Fish • Poultry • Eggs
Fats		<ul style="list-style-type: none"> • Olive and canola oil • <1/4 avocado

TEST FOODS FOR EACH CATEGORY:

Lactose: ½-1 cup milk

Fructose: ½ mango or 1-2 teaspoons honey

Fructans: 2 slices wheat bread, 1 garlic clove or 1 cup pasta

Galactans: ½ cup lentils or chickpeas

Sugar alcohols (polyols): Sorbitol, 2-4 dried apricots, mannitol, ½ cup mushrooms