

LOW-FODMAP DIET

DIET TIPS & GUIDANCE

If you struggle with IBS or chronic gastrointestinal issues, a low-FODMAP diet might offer relief. FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) are specific carbohydrates in everyday foods that can trigger uncomfortable symptoms in sensitive individuals.

Reducing high-FODMAP foods can help you better understand your body's triggers and alleviate symptoms like:

- Abdominal pain
- Bloating
- Gas
- Diarrhea
- Constipation



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HIGH-FODMAP FOOD CATEGORIES

FRUCTANS

Found in foods like garlic, onions, wheat, rye, and certain vegetables such as asparagus and Brussels sprouts.



FRUCTOSE

Common in fruits like apples, pears, mangoes, and honey, as well as high-fructose corn syrup.



LACTOSE

Found in many dairy products, including milk, soft cheeses, yogurt, and other creamy or milk-based foods.



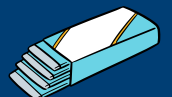
GALACTANS (OR GOS)

Present in legumes such as lentils, chickpeas, kidney beans, and black beans.



SUGAR ALCOHOLS (POLYOLS)

Often found in sugar-free candies, gum, and some fruits like cherries, stone fruits, and cauliflower.



HOW TO START A LOW-FODMAP DIET

The low-FODMAP diet is a three-step elimination process designed to identify trigger foods.

1

ELIMINATION

Temporarily remove all high-FODMAP foods from your diet for at least six weeks to reduce symptoms.

Tip: Print out our **Guide to High and Low-FODMAP Foods** for easy access when grocery shopping or dining out.



Download the Monash Low-FODMAP App to identify low-FODMAP foods and compatible menu options.

2

REINTRODUCTION

Reintroduce high-FODMAP foods gradually by selecting one item from one group to test for 3-4 days (refer to the recommended test foods below). Observe any symptoms during this time before proceeding to test the next category.

- **FRUCTANS:** 2 slices of wheat bread, 1 garlic clove or 1 cup of pasta
- **FRUCTOSE:** ½ mango or 1-2 teaspoons of honey
- **LACTOSE:** ½-1 cup of milk
- **GALACTANS (OR GOS):** ½ cup lentils or chickpeas
- **SUGAR ALCOHOLS (POLYOLS):** Sorbitol, 2-4 dried apricots, mannitol, ½ cup mushrooms

If symptoms appear (bloating, discomfort, etc.), consider this food a “trigger.” After identifying a trigger, take a two-week break or wait until symptoms fully resolve before trying another new food.

Tip: Keep track of how your body reacts by keeping a food and symptom journal.

3

PERSONALIZATION

Build a personalized diet that incorporates the foods that your body tolerates well while avoiding your specific triggers. This phase allows you to maintain variety and nutrition while managing symptoms.

Tip: Remember, it's okay to occasionally enjoy a high-FODMAP food you love. Balance and flexibility are important components of a sustainable diet.

YOUR GUIDE TO HIGH AND LOW-FODMAP FOODS

Refer to this table to help you better understand which foods to include or limit in a low-FODMAP diet, making it easier to manage symptoms and maintain a balanced diet.

CATEGORY	HIGH-FODMAP FOODS	LOW-FODMAP FOODS
Milk	<ul style="list-style-type: none"> • Milk: cow, sheep, goat, soy, coconut • Buttermilk • Evaporated milk • Sweetened condensed milk • Creamy soups made with milk 	<ul style="list-style-type: none"> • Milk: almond, hazelnut, hemp, rice • Lactose-free cow's milk • Lactose-free Kefir <p><i>Tip: Purchase lactase enzyme to make your own evaporated or condensed milk if needed</i></p>
Yogurt	<ul style="list-style-type: none"> • Cow's milk yogurt (Greek yogurt is the lowest in FODMAPs) • Soy yogurt 	<ul style="list-style-type: none"> • Lactose-free yogurt
Cheese	<ul style="list-style-type: none"> • Cottage cheese • Ricotta cheese 	<ul style="list-style-type: none"> • Hard cheeses including cheddar, Swiss, parmesan, brie, blue cheese, mozzarella, feta • No more than 2 tablespoons ricotta or cottage cheese • Lactose-free cottage cheese
Other dairy	<ul style="list-style-type: none"> • Sour cream • Whipping cream 	<ul style="list-style-type: none"> • Butter • Half-and-half • Cream cheese
Fruits	<ul style="list-style-type: none"> • Apples • Pears • Cherries • Raspberries • Blackberries • Watermelon • Nectarines • Peaches • Apricots • Plums • Prunes • Mango • Papaya • Orange juice • Canned fruit • Large portions of any fruit 	<ul style="list-style-type: none"> • Bananas (ripe) • Blueberries • Strawberries • Cantaloupe • Honeydew • Grapefruit • Lemon • Lime • Grapes • Kiwi • Pineapple • Rhubarb • Less than 1/4 avocado • Less than 1 tablespoon dried fruit <p><i>Limit consumption to one low-FODMAP fruit per meal</i></p>
Vegetables	<ul style="list-style-type: none"> • Artichokes • Asparagus • Sugar snap peas • Cabbage • Onions • Shallots • Leeks • Garlic • Onion and garlic salt powders • Cauliflower • Mushrooms • Pumpkin • Green peppers • Summer squash 	<ul style="list-style-type: none"> • Bok choy • Bean sprouts • Lettuce • Spinach • Carrots • Chives • Spring onions (green part only) • Cucumbers • Eggplants • Green beans • Tomatoes • Potatoes • Squash • Water chestnuts • Less than 1 stick celery • Less than 1/2 cup of sweet potato, broccoli, Brussels sprouts, butternut squash, fennel • Less than 10 snow peas
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 multipurpose flour • Gluten-free bread • Gluten-free cereal • Gluten-free pasta • Gluten-free crackers <p><i>Ensure no honey, apple/pear juice, agave, or high-fructose corn syrup</i></p>

CATEGORY	HIGH-FODMAP FOODS	LOW-FODMAP FOODS
Legumes	<ul style="list-style-type: none"> • Chickpeas • Hummus • Kidney beans • Baked beans • Edamame • Soy milk • Lentils 	<ul style="list-style-type: none"> • Tofu • Peanuts • Less than 1/3 cup green peas
Nuts/Seeds	<ul style="list-style-type: none"> • Pistachios 	<p>10-15 or 1-2 tablespoons max:</p> <ul style="list-style-type: none"> • Almonds • Macadamia nuts • Pecans • Pine nuts • Walnuts • Pumpkin seeds • Sesame seeds • Sunflower seeds
Desserts	<ul style="list-style-type: none"> • Sherbert • Cream desserts • Ice cream (regular) • Custard • Cheesecake 	<ul style="list-style-type: none"> • Lactose-free ice cream • Sorbet made from FODMAP-friendly fruit (see fruits)
Sweeteners	<ul style="list-style-type: none"> • Honey • Agave • High-fructose corn syrup • Sorbitol • Mannitol • Xylitol • Maltitol • Splenda 	<ul style="list-style-type: none"> • Sugar • Glucose • Sucrose • Pure maple syrup • Aspartame
Fiber	<ul style="list-style-type: none"> • Inulin • Fructo-oligosaccharides (FOS) • Sugar alcohols (see sweeteners) • Chicory root 	<ul style="list-style-type: none"> • Psyllium husk • Oat bran
Alcohol	<ul style="list-style-type: none"> • Rum • Wine • Beer • Gin <p><i>All alcohol can act as a gastric irritant</i></p>	<p>Better tolerated:</p> <ul style="list-style-type: none"> • Dry wine
Meat	<ul style="list-style-type: none"> • Processed meats with FODMAP fillers • Marinated meats 	<ul style="list-style-type: none"> • Fresh fish • Chicken • Turkey • Eggs • Red meat
Fats	<ul style="list-style-type: none"> • Mayonnaise • Salad dressings and aiolis (may contain high-FODMAP ingredients) • Butter (large amounts) 	<ul style="list-style-type: none"> • Oils: olive, canola, coconut, etc. • Olives • Butter (small amounts) • 1/4 avocado
Beverages	<ul style="list-style-type: none"> • Fruit juice • Any carbonated beverage • See also Milk (above) 	<ul style="list-style-type: none"> • Water • Black coffee • Black tea • Almond milk