

AGA Patient Education Section

Low-FODMAP Diet

What is the Low-FODMAP Diet?

FODMAP is a group of 5 sugars found in certain foods. These sugars are lactose, fructose, fructans, galactans, and polyols. FODMAP stands for:

- Fermentable.
- Oligosaccharides.
- Disaccharides.
- Monosaccharides.
- And.
- Polyols.

For some people, FODMAPs are poorly absorbed. When this happens, symptoms may include:

- Bloating or swelling in your belly.
- Gas.
- Belly pain.
- Nausea.
- Diarrhea (loose stool) and/or constipation (hard stool or trouble passing stool).

The low-FODMAP diet has 3 phases:

- Eliminate (getting rid of FODMAPs from your diet).
- Reintroduce (slowly add FODMAPs back in).
- Liberate (work with your doctor to find the best diet plan for you, based on results of phase 2).

Do not start the low-FODMAP diet until your doctor or dietician tells you to and gives you instructions on how to follow the diet the right way.

Some common high-FODMAP foods are:

- Some fruits, such as:
 - Apples.
 - Apricots.
 - Blackberries.

- Some veggies, such as:
 - Artichokes.
 - Asparagus.
 - Cabbage.
- Some dairy, such as:
 - Milk or yogurt.
- Some sweeteners, such as:
 - High-fructose corn syrup.
 - Honey.
- Foods that have sweeteners ending in *-ol* (many candies or gum), such as:
 - Sorbitol.
 - Xylitol.

Who Should Be on the Low-FODMAP diet?

Certain health issues can be helped by the low-FODMAP diet:

- Irritable bowel syndrome with diarrhea.
- Irritable bowel syndrome-mixed (both diarrhea and constipation).
- Functional diarrhea (chronic loose stool with no belly pain).
- Bloating or swelling of the stomach that won't go away.
- Nonceliac gluten sensitivity.
- Celiac disease, if there are no gastrointestinal symptoms while the disease is under control, as stated by your doctor.
- Inflammatory bowel disease, if there are still gastrointestinal symptoms while the disease is under control, as stated by your doctor.
- Small intestine bacterial overgrowth.

Talk to your doctor to learn more about the low-FODMAP diet and the GI conditions it might help. Read more at www.gastro.org/patientinfo

Low FODMAP Diet

A low FODMAP diet may help people with gastrointestinal problems like bloating, gas, or irritable bowel syndrome (IBS).

Avoid			Enjoy		
<p>Excess Fructose</p> <ul style="list-style-type: none"> • Fruit: apple, mango, nashi, pear, canned fruit in natural juice, watermelon. • Sweeteners: fructose, high fructose corn syrup, corn syrup, honey. • Concentrated fructose: concentrated fruit, large servings of fruit, dried fruit, fruit juice. 	<p>Fructans</p> <ul style="list-style-type: none"> • Asparagus • Beetroot • Broccoli • Brussels sprouts • Cabbage • Eggplant • Fennel • Garlic • Leek • Okra • Onion (all) • Shallots • Cereals: wheat and rye in large amounts (e.g. bread, crackers, cookies, couscous, pasta) • Fruit: custard apple, persimmon, watermelon • Misc: chicory, dandelion, inulin 	<p>Polyols</p> <ul style="list-style-type: none"> • Apple • Apricot • Avocado • Blackberry • Cherry • Lychee • Nashi • Nectarine • Peach • Pear • Plum • Prune • Watermelon • Vegetables: Green bell pepper, mushroom, sweet corn • Sweeteners: sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967) 	<p>Fruit</p> <ul style="list-style-type: none"> • Banana • Blueberry • Boysenberry • Canteloupe • Cranberry • Durian • Grape • Grapefruit • Honeydew melon • Kiwi • Lemon • Lime • Mandarin • Orange • Passionfruit • Pawpaw • Raspberry • Rhubarb • Rockmelon • Star anise • Strawberry • Tangelo 	<p>Vegetables</p> <ul style="list-style-type: none"> • Alfalfa • Artichoke • Bamboo shoots • Beat shoots • Bok choy • Carrot • Celery • Choko • Choy sum • Endive • Ginger • Green beans • Lettuces • Olives • Parsnip • Potato • Pumpkin • Red bell pepper • Silver beet • Spinach • Summer squash (yellow) • Swede • Sweet potato • Taro • Tomato • Turnip • Yam • Zucchini 	<p>Starch</p> <ul style="list-style-type: none"> • Gluten free bread or cereal products • 100% spelt bread • Rice • Oats • Polenta • Other: arrowroot, millet, psyllium, quinoa, sorgum, tapioca
<p>Lactose</p> <ul style="list-style-type: none"> • Milk: milk from cows, goats, or sheep. • Custard, ice cream • Yogurt • Cheese: soft, unripened cheeses like cottage, cream, mascarpone, ricotta 	<p>Galactans</p> <ul style="list-style-type: none"> • Legumes: Beans, baked beans, chickpeas, kidney beans, lentils 	<p>Misc</p> <ul style="list-style-type: none"> • Sweeteners - sucrose, glucose, artificial sweeteners not ending in "-ol", and sugar in small quantities • Honey substitutes - small quantities of golden syrup, maple syrup, molasses, and treacle 	<p>Dairy</p> <ul style="list-style-type: none"> • Milk - lactose-free milk, oat milk, rice milk, soy milk (check for additives) • Cheeses - hard cheeses, brie, and camembert • Yogurt (lactose free) • Ice cream substitutes - gelati, sorbet • Butter substitutes (e.g. olive oil) 		

