

STANDARD LOW FODMAP

What are FODMAPs?

- FODMAPs are short-chain carbohydrates that are not properly absorbed by the intestines and easily fermented into gas by bacteria that live in our GI tract. This can cause bloating, pain, stool irregularity and discomfort – especially in people with a history of IBS or GI troubles.
- The acronym stands for:
 - **F**: Fermentable
 - **O**: Oligosaccharides (Found in wheat, onions, garlic, legumes, dried fruit)
 - **D**: Disaccharides (Found in milk, ice cream, yogurts, cheeses, milk powder)
 - **M**: Monosaccharide (Found in apples, mango, figs, honey, high fructose corn syrup)
 - **A**: and
 - **P**: Polyols (Found in cauliflower, apricots, apples, peach, artificial sweeteners)

How do I start?

- The foods that generally trigger the most symptoms are:

Apples

Onion & Garlic

Broccoli, Cauliflower, Brussels Sprouts

Mushrooms

Bread & Wheat products

Dried Fruits, Mango & Nectarines

Avocado

Most Legumes

- A good way to start this diet is by looking out for these foods and replacing them with lower FODMAP options. For many, this alone will lead to a significant reduction in symptoms.
- We highly recommend using the [MONASH app](#) to help learn which foods are highest in FODMAPs and therefore the most likely to drive symptoms.

How long do I follow this diet?

We find most people do best by using the low FODMAP diet as a short term tool to lower symptoms so their gut can heal. Many patients use this for a few months, and then expand their diet as their symptoms improve. Remember, our goal for you is to consume the broadest diet with the least amount of symptoms.

Tips for the Low FODMAP Diet:

- Your goal is to reduce the high FODMAP foods while developing your own awareness around what feels best for your body. You don't have to completely eliminate all FODMAPs to heal. Aim to reduce your FODMAP consumption around 75% from your baseline. Do your best and listen to your body.
- If you occasionally eat something that is high FODMAP, it's OK. You may not react to all high FODMAP foods the same.
- For many, the total amount of FODMAPs eaten in one meal is more important than the total amount of FODMAPs eaten in a day. If you have seen some improvement on the diet but are still symptomatic, you may consider the TOTAL amount of FODMAPs you're eating in one meal. You can learn more about [FODMAP Stacking](#) here.
- The low FODMAP diet is low in fiber, and you may notice that you have fewer bowel movements. This is normal and as long as you are not experiencing pain should not be a problem.




Common Pitfalls


- **Not eating enough calories:**
 - You may find that your GI symptoms are decreasing but you are feeling increasingly fatigued or lightheaded. To avoid this, ensure you are eating enough calories for your bodyweight and activity level.
- **Being fearful of all "red" or high FODMAP foods:**
 - Eating some high FODMAP foods occasionally will NOT ruin the diet for you. Instead of worrying about the food you ate, let it foster curiosity about how you responded to the food. Even if you responded poorly to a high FODMAP food at one point in time, does NOT mean you always will! The way we respond to foods will change over time.

- **Constipation**
 - If you experience abdominal discomfort and feel you may be constipated due to the lower fiber content of this diet, it may be beneficial to add more fiber-rich foods or a FODMAP-friendly fiber such as [psyllium](#).
 - Some low FODMAP fiber rich foods include:
 - 2 kiwifruit or 1 medium orange
 - Baked potato (with skin)
 - 1 Tbsp flaxseed
 - 2 Tbsp chia seeds
 - ½ packet of popcorn
- **Planning and Prepping in Advance:**
 - Planning is one of the most crucial aspects to this diet. When you're able to plan your meals for a few days in advance, you don't get overwhelmed as easily. We suggest you cook or grill protein for a few days, prepare roasted root veggies or veggies of choice, and set a grain or carbohydrate aside that you'd like to pair with your veggie and protein. The FODY brand has many sauces you can use to add to your bowls for additional flavor and variety.

How to use this Chart

- The chart below shows some foods that are high, medium and low in FODMAPS.
- Generally start by eliminating foods in the red category and emphasizing foods in the green category
- Experiment and see how you feel with foods in the yellow category
- No single FODMAP is illegal - it's OK to experiment with eating small amounts of HIGH FODMAP foods, even in the elimination phase.
- This chart is NOT comprehensive! Use the MONASH app as the gold standard for portion sizes of high FODMAP foods.

FOOD GROUPS	SAFE	CAUTION	AVOID
VEGETABLES	alfalfa, bamboo shoots, bean shoots, bok choy, carrot, choko, choy sum, eggplant, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini	celery	ancho chile, artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, cauliflower, chipotle chile, fennel, garlic, green capsicum (bell pepper), leek, mushroom, okra, onion (all), shallots, spring onion, sweet corn
FRUIT	banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo		apple, apricot, avocado, blackberry, cherry, custard apple, longon, lychee, mango, nashi, nectarine, peach, pear, persimmon, plum, prune, watermelon, <i>tinned fruit in natural juice, concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</i>
LEGUMES	edamame (½ cup), chickpeas (canned, ¾ cup drained & rinsed), tofu (firm), green or red lentils (¾ cup cooked from scratch or ½ cup drained & rinsed), tempeh	canned kidney beans, sprouted mung beans <i>(only in small quantities)</i>	baked beans, black beans, chickpeas, kidney beans, lentils, soy beans
NUTS & SEEDS	Almonds (10 nuts), Almond butter (1 Tbsp), Brazil nuts (10 nuts), Chia seeds (2 Tbsp), Flax seeds (1 Tbsp), Hazelnuts (10 nuts), Hemp seeds (2 Tbsp), Macadamia nuts (20 nuts), Peanuts (32), Pecan (10 halves), Pine nuts (1 Tbsp), Pumpkin seeds (2 Tbsp), Walnuts (10 halves)	Almond butter (>1 Tbsp)	Almonds (>10), Cashews, Pistachios
GRAINS	gluten-free bread or cereal products, 100% spelt bread, rice, oats, polenta, arrowroot, millet, psyllium, quinoa, sorghum, sprouted barley, tapioca, soba noodles		wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta
PROTEIN	Meat Poultry Fish and Seafood Eggs Bacon (without high-fructose corn syrup or fructose)		Any containing breading, gravies, stocks, broth, sauces or marinades prepared with unsafe ingredients (read the ingredient list!)

FOOD GROUPS	SAFE	CAUTION	AVOID
DAIRY	lactose-free milk*, oat milk*, rice milk*, soy milk*, hard cheeses, brie, camembert, yoghurt: lactose-free varieties, ice-cream substitutes, gelati, sorbet, butter substitutes, olive oil <i>*check for additives</i>	coconut milk <i>(only in small quantities)</i>	milk from cows, goats or sheep, custard, ice cream, yoghurt, soft unripened cheeses eg. cottage, cream, mascarpone, ricotta
SWEETENERS	glucose, artificial sweeteners not ending in '-ol', treacle	sugar (sucrose), golden syrup, maple syrup*, molasses <i>(only in small quantities)</i>	fructose, high fructose corn syrup, corn syrup, fruisana, sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)
SEASONINGS AND OTHER	basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme		chicory, dandelion, garlic, inulin, onion

Helpful Resources

- Contact our [Clinical Nutritionist](#) who can walk you through the process and provide meal planning ideas, further information on the diet, how to gain or lose weight on low FODMAP, and how to fit low FODMAP into your daily routine
- The MONASH App or [Website](#)
- [Reintroducing FODMAPs](#)
- [FODMAP Meal Delivery: Modify Health](#)
- [FODY brand](#)
- FODMAP Recipes:
 - <https://funwithoutfodmaps.com/>
 - <https://www.fodmapeveryday.com/recipes/>
- [Information about Low FODMAP from Stanford Medical](#)