

FODMAPs

A temporary elimination diet to identify food related bowel sensitivities

Australian researchers at Monash University found that 75-85% of Irritable Bowel Syndrome (IBS) patients experienced significant, sustainable relief of symptoms by following a low FODMAP diet. The diet may be helpful for other digestive disorders as well. A low FODMAP diet is not to be followed for a long period of time. It is highly restrictive for a few weeks, followed by a period of slowly reintroducing foods to determine what causes your symptoms.



What are FODMAPs?

The acronym **FODMAP** stands for

Fermentable
Oligosaccharides,
Disaccharides,
Monosaccharides,
And
Polyols.

In short, these are small sugars like fructose, and sugar alcohols like xylose. Consuming foods containing these sugars causes rapid bacterial fermentation in the digestive tract.

For many people, an inability to digest these sugars leads to abdominal cramping, gas, bloating and diarrhea or constipation.

FODMAP SOURCES

FODMAPs can be divided into five groups. Some individuals experience digestive distress when consuming just one category of FODMAPs, while others are sensitive to all five. The categories are as follows:

Fructans are found in wheat products, onions, garlic, artichokes and inulin.

Galactans are found in lentils, chickpeas, broccoli, beans, brussels sprouts and soy-based products.

Lactose, which naturally occurs in milk and some dairy products and requires lactase, a digestive enzyme, for absorption. Milk, yogurt, soft cheeses, ice cream and puddings contain lactose.

Fructose found in fruits with a higher amount of fructose than glucose such as agave, honey, mangos, watermelon, sugar snap peas and high fructose corn syrup.

Polyols are sugar alcohols found in some stone fruits such as cherries and nectarines; apples and pears; in vegetables such as mushrooms and cauliflower; and in some sugar substitutes containing xylitol or sorbitol.

Some foods fall into more than one category. Consequently, someone eating apples may be bothered by fructose while others are bothered by the polyols.

Some individuals are able to navigate through the FODMAP elimination and reintroduction process on their own. For those, a suggested diet plan can be found below. Monash University offers a helpful app available for both iPhone from iTunes and Android devices from Google Play for a modest fee.

For many, it is advisable to consult an expert registered dietician who can guide you through the process. Contact our office should you prefer professional guidance, and we will refer you.

PHASE 1 - ELIMINATION

1. Faithfully avoid foods on the high-FODMAP food list from the reverse side of this sheet for at least two weeks, eating instead foods that are on the low FODMAP list. While eliminating such a wide number of foods can seem particularly challenging, it is important to remember that the effort taken during this period may result in decreased IBS symptoms.
2. If your symptoms are notably better, you may consider moving to the reintroduction phase. For many, two weeks is not long enough omitting FODMAP ingredients to experience symptom relief. If you are feeling better, but still experiencing symptoms, continue the elimination diet for another week or two.
3. Read food labels carefully to ensure you are not consuming hidden FODMAPs.
4. Keep a food and symptom log to help you monitor food intake and to look for causal relationships with certain foods.

PHASE 2 - REINTRODUCTION

- On the chart on the reverse, each FODMAP group is represented by a COLUMN. Select one FODMAP column group at a time to reintroduce in order to isolate symptom response.
- When test cycle is over for a particular food group, do not eat that food group again until ALL the challenge testing is over.

Day 1 Consume a small portion of FODMAP food group. If few or no symptoms recur, proceed to Day 2*.

Day 2 Consume a high portion of FODMAP food group. If few or no symptoms recur, proceed to Day 3.

Day 3 Consume a very high portion of FODMAP food group.

Day 4 Rest; resume elimination phase

Day 5 Rest

Day 6 Rest

Day 7 Repeat with next FODMAP food group

* If symptoms do recur, discontinue consumption of that FODMAP group and rest for three days, continuing on elimination diet. Resume process with the next food group.

PHASE 3 - MODIFIED LOW-FODMAPS

Once your troublesome foods have been identified, it is important to resume eating a healthy diet. You can resume eating FODMAP foods which do not cause symptoms and can find suitable substitutes for those foods that do cause difficulties. For instance, if lactose is a problem, consuming lactose free milk products may help.

FODMAP intolerances and triggers may change over time, it is important to regularly evaluate the foods that you are eating and their effect on your digestive system.

LOW FODMAPS—OK TO EAT

HIGH FODMAPS

FRUCTOSE
FRUCTANS
GALACTANS
LACTOSE
POLYOLS

			FRUCTOSE	FRUCTANS	GALACTANS	LACTOSE	POLYOLS
bananas blueberries, strawberries, raspberries cantaloupe, honeydew grapes kiwi lemon lime orange, clementines, tangelos papaya pineapple rhubarb	FRUIT	apples & pears	✓				✓
		apricot		✓			✓
		avocado					✓
		blackberry					✓
		boysenberry	✓				
		cherry	✓				✓
		figs	✓				✓
		mango	✓				
		peaches & nectarines		✓			✓
		plum, prune		✓			✓
		watermelon	✓	✓			✓
		canned fruits	✓				
		dried fruits		✓			✓
		lettuce, arugula, swiss chard spinach, kale, collards & similar greens bamboo shoots bok choy bell peppers cabbage carrots celery chives, spring onion (green part only) cucumber eggplant green beans parsnips pumpkin rutabaga summer squash turnips water chesnuts zucchini	VEGETABLES	artichoke		✓	
asparagus	✓			✓	✓		
beetroot*				✓	✓		
broccoli				✓	✓		
brussel sprouts				✓			
cauliflower							✓
chickpeas, kidney beans, soybeans (edamame)				✓	✓		
corn					✓		✓
lentils				✓	✓		
mushrooms							✓
okra				✓			
onion, garlic, fennel, shallots & leeks				✓			
peas, snow peas				✓	✓		
sugar snap peas	✓						
sweet potato & yams							✓
tomato paste	✓						
lactose free milks, ice-cream, yogurts, and cheeses Firm cheeses such as cheddar, feta, mozzarella, parmesan, swiss	DAIRY			milk products from cows, sheep or goat			
		ice cream, custard				✓	
		evaporated & powdered milk				✓	
		yogurt				✓	
		cottage cheese, ricotta				✓	
		cream cheese, marscapone				✓	
gluten-free bread, pasta & cereal products gluten free pretzels rice, potato & corn chips oats and quinoa	BREADS & GRAINS	baked goods, pasta & cereals made with wheat flours or inulin (chickory root),		✓			
		baked goods, pasta & cereals made with barley or rye	✓	✓	✓		
		any meat that is processed with sauces containing FODMAPs or high-fructose corn syrup					
any meat, poultry or fish prepared without FODMAP ingredients	MEATS	isomalt, xylitol, sorbitol, maltitol and mannitol and similar sugar alcohols found in candies, gum, mints, cough drops and medications					✓
		agave, fructose, high-fructose corn syrup (HFCS), honey, molasses	✓				
		Beverages: Colas, Fruit juices, Rum, Fortified wines, chamomile & fennel teas, carob, cocoa					
table sugar 100% maple syrup aspartame low-FODMAP fruit & veggie juices (1/2 cup) teas, coffee beer, wine, vodka & gin, after elimination phase	SWEETENERS & BEVERAGES	Nuts: Pistachios, cashews		✓	✓		
		Condiments: pickles, relish, chutneys, sauces & dressings made w/ FODMAPs,					
most herbs & spices, homemade broth, margarine, butter, mayonnaise, mustard, vinegar, olive oil	NUTS & CONDIMENTS						

Resources: Monash University <https://www.monash.edu/medicine/ccs/gastroenterology/fodmap>

