

Understanding FODMAPs

What are FODMAPs?

FODMAPs are a group of carbohydrates found in everyday foods that are poorly absorbed in the small intestine. As they move through the digestive tract, they draw water into the intestine and then undergo fermentation by gut bacteria in the large intestine. The fermentation of FODMAPs produces gas and other by-products.

FODMAP is an acronym for Fermentable – Oligosaccharides – Disaccharides – Monosaccharides – And – Polyols.

It is estimated that up to 80% of people with irritable bowel syndrome may benefit from a low FODMAP diet. Those who benefit may experience improvement in bowel habits and overall symptoms, as well as reduced abdominal pain, bloating, and gas.

F **Fermentable:** Fermentable carbohydrates are sugars that bacteria in our large intestine break down, which causes the release of gas and other by-products.

O **Oligosaccharides:** Oligosaccharides are short chains of carbohydrates linked together. There are two major subgroups: fructans and galacto-oligosaccharides (also called GOS). These FODMAPs are highly fermentable.

D **Disaccharides:** Disaccharides are two carbohydrates linked together. Lactose, the sugar found in dairy, is composed of glucose and galactose. Lactose must be broken down by an enzyme called lactase before it can be absorbed. In people with lactose intolerance, the level of lactase is insufficient to properly digest lactose.

M **Monosaccharides:** Monosaccharides are carbohydrates made up of a single sugar molecule. Fructose, the sugar found in many fruits and some vegetables, is a monosaccharide and doesn't require digestion before it is absorbed. When fructose is present in a food in greater quantities than glucose, the body doesn't absorb fructose effectively.

A **AND**

P **Polyols:** Polyols, also called sugar alcohols, are a type of carbohydrate that humans can only partially digest and absorb. Polyols, such as sorbitol, mannitol and xylitol, mimic the sweetness of sugar. They are found naturally in fruits and vegetables, and used as low-calorie sweeteners in sugar-free and diet products.

Low FODMAP Grocery

List:

Keep this list handy while grocery shopping and cooking. Replace high FODMAP foods in your diet with low FODMAP alternatives from this list. This is just a basic list – remember to work with a registered dietitian while on this diet.

Vegetables

- Bell pepper – green
- Carrot
- Canned whole tomatoes
- Cucumber
- Eggplant
- Green beans
- Herbs
 - Chives, Dill, Oregano,
 - Parsley, Rosemary, Thyme
- Lettuce
- Potato
- Parsnip
- Spinach
- Sweet potato

Dairy & Alternatives

- Almond milk
- Lactose-free cow's milk
- Lactose-free yogurt
- Lactose-free ice cream
- Lactose-free soft cheese
- Cheddar cheese
- Mozzarella
- Parmesan

Breads & Cereals

- Brown rice pasta
- Buckwheat groats
- Corn Flakes
- Corn tortilla
- Gluten-free bread
- Gluten-free crackers
- Gluten-free flour
- Gluten-free crackers
- Oats
- Quinoa
- Rice
- Sourdough bread

Fruits

- Banana (firm)
- Blueberries
- Kiwi
- Mandarin oranges
- Navel oranges
- Pineapple

Protein Sources

Beef, chickpeas (canned), eggs, fish, lentils (canned), pork, poultry, shrimp, tofu (firm), tempeh.

Sugars & Sweeteners

Maple syrup, sugar (brown, cane, raw, white).

Nuts & Seeds

Chia seeds, hemp hearts, macadamias, peanuts, peanut butter, pumpkin seeds, walnuts.



Avoid These Foods

These foods are high FODMAP and should be avoided on the low FODMAP diet. Many high FODMAP foods have low FODMAP serving sizes, so check the Monash University FODMAP app or the FODMAP Friendly app for more detailed food lists. This is a basic list – remember to work with a registered dietitian while on this diet.

Vegetables

- Asparagus
- Brussels sprouts
- Cauliflower
- Celery
- Garlic
- Green peas
- Leek
- Mushrooms
- Onion
- Sugar snap peas

Dairy & Alternatives

- Cow's milk
- Cow's yogurt
- Custard
- Evaporated milk
- Ice cream
- Sweetened condensed milk
- Soy milk

Breads & Cereals

- Couscous
- Wheat flour
- Wheat, rye, or barley based breads
- Pastas
- Crackers
- Breakfast Cereals

Fruits

- Apples
- Apricots
- Blackberries
- Dried fruit
- Mango
- Nectarines
- Peaches
- Pears
- Watermelon

Protein Sources

Most legumes/pulses, marinated meats and processed meats containing high FODMAP ingredients.

Sugars & Sweeteners

Agave, glucose-fructose (high fructose corn syrup), honey, sugar-free confectionary.

Nuts & Seeds

Cashews, pistachios

