

## **Hg-Low FODMAP Combined Diet for Decreasing Fibro Symptoms**

“The low FODMAP diet is recommended for patients with digestive disorders like Irritable Bowel Syndrome or functional abdominal pain to decrease symptoms such as excessive gas, bloating, abdominal pain, nausea, vomiting, diarrhea and/or constipation. The goal of the low FODMAP diet is to remove high FODMAP foods and then slowly reintroduce them back into the diet to determine which of those foods are triggering GI symptoms. Typically patients stay on the low FODMAP diet for 4 to 8 weeks before reintroducing foods into their diet.”

[https://www.choc.org/wp/wp-content/uploads/2016/03/Low\\_FODMAP\\_Diet\\_CHOC.pdf](https://www.choc.org/wp/wp-content/uploads/2016/03/Low_FODMAP_Diet_CHOC.pdf)

### **Combined list of the hg diet and low FODMAP foods.**

The medium fodmap foods have a daily limit.

#### **Meat**

*Strict and Liberal*

All meats except cold cuts and breakfast link sausage that contain sugars or dextrose; All fowl and game.

Fish

Canned tuna

Fresh fish-

Cod

Haddock

Plaice

Salmon

Trout

Tuna

Seafood (with nothing added)

Crab

Lobster

Mussels

Oysters

Prawns

Shrimp

#### **Dairy**

*Strict diet*

Eggs

Butter

Cheese-hard:2 slice serving (40 g)

Brie

Camembert  
Cheddar  
Feta  
Monterey Jack  
Mozzarella  
Swiss

Cottage cheese (2 tablespoon limit)  
Lactose free Cottage cheese (1/2 cup limit per day)  
Cream cheese (2 tablespoon limit)  
Ricotta cheese (2 Tablespoon limit)  
Lactose free Ricotta (1/2 cup limit per day)

Cream-

- Heavy (1/2 cup limit)
- Heavy Whipping (1/2 cup limit)
- Sour cream (2 Tablespoon limit)
- Whipped cream

Tofu

Yogurt:

Coconut yogurt  
Greek yogurt - 1 ounce  
Lactose free yogurt  
Margarine

*Liberal Diet add*

Unsweetened nut milks

## **Vegetables**

*Strict and Liberal*

Bean Sprouts  
Broccoli heads (1/2 cup limit)  
Brussels sprouts (limit 2)  
Bok Choy (1 cup limit)  
Cabbage (limit 1 cup per day)  
Celery Root (celeriac)  
Chard-swiss  
Chicory  
Chinese or common cabbage (limit 2 cups per day)  
Chives  
Cucumber

Eggplant  
Fennel  
Green beans  
Kale  
Leeks (green part only and 2/3 cup limit)  
Lettuce (all types (not Jerusalem))  
Okra  
Olives  
Peppers (red and green only)  
Pickles (gherkins only- limit one per day)  
Radicchio  
Radish  
Scallions (green part only)  
Spinach  
Squash (yellow or summer only)  
Snow peas (limit 5)  
Tomatoes (not sauce or paste)

- canned - 3/5 cup
- common - 1 small
- cherry - 5 cherries
- Tomatillo, fresh - 1 cup
- Tomatillos, canned - 75g

Water Chestnuts  
Zucchini (1/3 cup limit)  
Liberal Diet Add:  
Artichokes  
Beets (3/4 ounce limit)  
Butternut squash (3/4 limit)  
Carrots  
Peas (Canned 1/4 cup limit); Pumpkin (canned 1/4 cup limit)  
Spaghetti squash  
Turnips (1/2 cup limit)  
Rutabagas (1 cup limit)  
Spaghetti squash

## **Fruit**

### *Strict Diet*

Fresh coconut (limit 2/3 cup per day)  
Cantaloupe (limit 1/4 per day)  
Strawberries (limit 6-8 per day)

Lime or Lemon juice for flavoring (limit 2 teaspoon per day)  
Olives

*Liberal Diet Add*

(One piece of fruit every four hours. No fruit juices.)

Blueberries. (limit 1/4 cup day)  
Cantaloupe (limit 3/4 per day)  
Honeydew melon (limit 1/2 cup day)  
Lemons  
Limes  
Oranges  
Papaya  
Strawberries  
Tomatoes  
V8 Juice

**NUTS** (10-15 total per day)

Strict  
Almond  
Macadamia  
Pecan (10)  
Sunflower seeds  
Walnut

*Liberal Diet add*

Peanuts

**Sweeteners**

Aspartame  
Stevia  
Sucralose (may cause digestion issues with fibro)  
Erythritol

**Breads**

*Liberal only*

White Baguette (french-1 slice per day)  
Corn tortillas 2 per day  
Popcorn-1 cup per day

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**Herbs**

Basil, Bay leaves, Cilantro, Coriander, Curry leaves, Fenugreek, Gotu Kola, Lemongrass, Oregano, Pandan, Parsley, Rampa, Rosemary, Sage, Tarragon, Thyme

## **Spices**

All spice, Black pepper, Cardamon, Chili powder (check ingredients, sometimes has garlic added), Chipotle chili powder, Cinnamon, Cloves, Cumin, Curry powder, Fennel seeds, Five spice, Goraka, Mustard seeds, Nutmeg, Paprika, Saffron, Star anise, Turmeric

## **Oils**

Avocado oil, Canola oil, Coconut oil, Olive oil, Peanut oil, Rice bran oil, Sesame oil, Soybean oil, Sunflower oil, Vegetable oil

## **Condiments**

Make sure they are sugar, onion and garlic free

BBQ sauce

Dijon Mustard

Fish sauce

Ketchup

Mayonnaise

Maple Syrup

Mustard

Sriracha hot chilli sauce

Tahini paste

Vinegars:

- Apple cider vinegar, 2 tbsp
- Balsamic vinegar, 2 tbsp

Worcestershire sauce - Libneral Diet only-has very low onion and garlic

## **Beverages-**

*No caffeine on hg diet*

Coffee

- Espresso coffee, regular or decaffeinated, black
- Espresso coffee, regular or decaffeinated, with up to 250ml lactose free milk
- Instant coffee, regular or decaffeinated, black
- Instant coffee, regular or decaffeinated, with up to 250ml lactose free milk

Sugar free soda-limit as they can upset the stomach

Protein powders-Egg and whey protein isolate

Alcohol - limit to 1 drink per day

- Beer
- Clear spirits such as Vodka

- Gin
- Whiskey
- Wine

Source:

<https://www.ibsdiets.org/fodmap-diet/fodmap-food-list/>

[http://www.fibromyalgiatreatment.com/uploads/2/6/5/7/26574962/diets\\_for\\_hypoglycemia.pdf](http://www.fibromyalgiatreatment.com/uploads/2/6/5/7/26574962/diets_for_hypoglycemia.pdf)