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Characteristics and sources of common FODMAPs

	Word that corresponds to letter in acronym	Compounds in this category	Foods that contain these compounds
F	Fermentable		
O	Oligosaccharides	Fructans, galacto-oligosaccharides	Wheat, barley, rye, onion, leek, white part of spring onion, garlic, shallots, artichokes, beetroot, fennel, peas, chicory, pistachio, cashews, legumes, lentils, and chickpeas
D	Disaccharides	Lactose	Milk, custard, ice cream, and yogurt
M	Monosaccharides	"Free fructose" (fructose in excess of glucose)	Apples, pears, mangoes, cherries, watermelon, asparagus, sugar snap peas, honey, high-fructose corn syrup
A	And		
P	Polyols	Sorbitol, mannitol, maltitol, and xylitol	Apples, pears, apricots, cherries, nectarines, peaches, plums, watermelon, mushrooms, cauliflower, artificially sweetened chewing gum and confectionery

FODMAPs: fermentable oligosaccharides, disaccharides, monosaccharides, and polyols.

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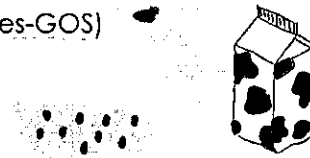
FODMAPs 101

What are FODMAPs?

FODMAPs are a group of small chain carbohydrates (sugars and fibers) that are commonly malabsorbed in the small intestine. FODMAPs are abundant in the diet and can be found in everyday foods such as: wheat, barley, rye, apples, pears, mango, onion, garlic, honey, kidney beans, cashew nuts, agave syrup, sugar free gum, mints and some medicines, to name a few. Up to 75% of those who suffer with irritable bowel syndrome (IBS) will benefit from dietary restriction of FODMAPs. Research has shown the low FODMAP diet improves gastrointestinal (GI) symptoms (gas, bloating, pain, change in bowel habits) related to IBS.

FODMAPs is an acronym that stands for:

fermentable
oligosaccharides (fructans and galacto-oligosaccharides-GOS)
disaccharides (lactose, milk sugar)
monosaccharide (excess fructose)
and
polyols (sugar alcohols such as mannitol and sorbitol)



What is the low FODMAP diet?

The low FODMAP diet is a 2-6 week elimination diet that involves removing high FODMAP foods from the diet to assess whether FODMAP rich foods are triggering your GI symptoms.

The low FODMAP diet is a learning diet rather than one that you stay on forever. The goal of the diet is to help you determine your personal dietary triggers. After the low FODMAP elimination diet phase, a dietitian will guide you on how to re-introduce FODMAPs, in a methodical manner, to assess your tolerance to various FODMAP containing foods. Many people will find they can liberalize their FODMAP diet restrictions and only need to restrict some high FODMAP foods. The low FODMAP diet should be implemented with the help of a FODMAP knowledgeable dietitian to help you navigate the many nuances of the diet and to help you develop a personalized, well-balanced eating plan.

DO NOT SELF DIAGNOSE

If you are troubled by GI symptoms, be sure to consult with your doctor; don't self diagnose! Your health professional can rule out more serious intestinal conditions such as: celiac disease, colon cancer, or inflammatory bowel disease. Bloating can also be a sign of ovarian cancer, another important reason to consult with your physician if you are experiencing bloating, gas and alteration in bowel habits.

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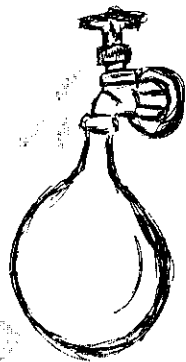
Sample of high FODMAP food sources:

LACTOSE	EXCESS FRUCTOSE	FRUCTANS	GOS	POLYOLS
MILK	APPLES	DRIED FRUIT	LEGUMES	APPLES
CUSTARD	BOYSENBERRY	NECTARINE	PISTACHIOS	APRICOTS
ICE CREAM	FIGS	PERSIMMON	CASHEWS	BLACKBERRIES
YOGURT	MANGO	WATERMELON		NECTARINE
MILK POWDER	PEARS	ARTICHOKE		PEACH
RICOTTA CHEESE	WATERMELON	GARLIC		PEARS
COTTAGE CHEESE	ASPARAGUS	ONION		CAULIFLOWER
	ARTICHOKE	WHEAT, BARLEY, RYE		MUSHROOMS
	SUGAR SNAP PEAS	CHICORY ROOT EXTRACT		
	HIGH FRUCTOSE CORN SYRUP	INULIN ADDITIVES		SUGAR ALCOHOL
	HONEY			ADDITIVES: ISOMALT,
	AGAVE			MANNITOL, SORBITOL,
				MALTITOL

Why do FODMAPs trigger symptoms for individuals with IBS?

Because FODMAPs are very small carbohydrates, they can pull water into the small intestine. This can contribute to diarrhea in an individual with a fast moving intestine. For the individual more prone to constipation, you may feel like you have a water balloon in the middle of your gut! Additionally, FODMAPs are fast food for your gut microbes. Don't worry, everyone has microbes living in their intestine! These bacteria, yeast and single cell organisms can help you digest your food, create vitamins and help keep your immune system healthy. When microbes ferment FODMAPs, the gas they produce fills up and stretches your intestine; this can contribute to bloating, abdominal pain, and cramping in individuals with a sensitive GI tract. The combination of gas and water in the intestine can alter the movement of the intestine and contribute to diarrhea or constipation.

*FODMAPS
PULL WATER
INTO THE
INTESTINE
LIKE A
WATER BALLOON*



*GUT MICROBES FERMENT
FODMAPS
CREATING GAS
LIKE A HOT AIR
BALLOON READY
FOR TAKE OFF*



Low FODMAP Food Chart

IBSDiets.org

Low FODMAP	High FODMAP
Vegetables and Legumes	
Bamboo shoots	Garlic
Bean sprouts	Onions
Broccoli	Aparagus
Cabbage, common and red	Beans e.g. black, broad, kidney, lima, soya
Carrots	Cauliflower
Celery (less than 5cm stalk)	Cabbage, savoy
Chick peas (1/4 cup max)	Mange tout
Corn (1/2 cob max)	Mushrooms
Courgette	Peas
Cucumber	Scallions / spring onions (white part)
Eggplant	
Green beans	
Green pepper	
Kale	
Lettuce e.g. Butter, iceberg, rocket	
Parsnip	
Potato	
Pumpkin	
Red peppers	
Scallions / spring onions (green part)	
Squash	
Sweet potato	
Tomatoes	
Turnip	
Fruit	
Bananas, unripe	Apples
Blueberries	Apricot
Cantaloupe	Avocado
Cranberry	Bananas, ripe
Clementine	Blackberries
Grapes	Grapefruit
Melons e.g. Honeydew, Galia	Mango
Kiwifruit	Peaches
Lemon	Pears
Orange	Plums
Pineapple	Raisins
Raspberry	Sultanas
Rhubarb	Watermelon
Strawberry	

Meat and Substitutes

Beef	Chorizo
Chicken	Sausages
Lamb	Processed meat (check ingredients)
Pork	
Quorn mince	
Cold cuts e.g. Ham and turkey breast	

Breads, Cereals, Grains and Pasta

Oats	Barley
Quinoa	Bran
Gluten free foods e.g. breads, pasta	Cous cous
Savory biscuits	Gnocchi
Buckwheat	Granola
Chips / crisps (plain)	Muesli
Cornflour	Muffins
Oatmeal (1/2 cup max)	Rye
Popcorn	Semolina
Pretzels	Spelt
Rice e.g. Basmati, brown, white	Wheat foods e.g. Bread, cereal, pasta
Tortilla chips	

Nuts and Seeds

Almonds (max of 15)	Cashews
Chestnuts	Pistachio
Hazelnuts	
Macademia nuts	
Peanuts	
Pecans (max of 15)	
Poppy seeds	
Pumpkin seeds	
Sesame seeds	
Sunflower seeds	
Walnuts	

Milk

Almond milk	Cow milk
Coconut milk	Goat milk
Hemp milk	Sheep's milk
Lactose free milk	Soy milk made with soy beans
Oat milk (30ml max)	
Rice milk (200ml max)	
Soya milk made with soy protein	

Dairy

Butter	Buttermilk
Dark chocolate	Cream
Milk chocolate (3 squares max)	Custard
White chocolate (3 squares max)	Greek yoghurt
	Ice cream
	Sour cream
	Yoghurt

Cheese

Brie	Cream cheese
Camembert	Ricotta cheese
Cheddar	
Cottage cheese	
Feta	
Mozzarella	
Parmesan	
Swiss	

Condiments

Barbeque sauce	Hommus dip
Chutney (1 tbsp max)	Jam (mixed berries)
Garlic infused oil	Pasta sauce (cream based)
Golden syrup	Relish
Strawberry jam / jelly	Tzatziki dip
Mayonnaise	
Mustard	
Soy sauce	
Tomato sauce	

Sweeteners

Aspartame	Agave
Acesulfame K	High Fructose Corn Syrup (HFCS)
Glucose	Honey
Saccharine	Inulin
Stevia	Isomalt
Sucralose	Maltitol
Sugar / sucrose	Mannitol
	Sorbitol
	Xylitol

Drinks

Beer (one max)	Coconut water
Coffee, black	Apple juice
Drinking chocolate powder	Pear juice
Herbal tea (weak)	Mango juice
Orange juice (125ml max)	Sodas with HFCS
Peppermint tea	Fennel tea
Water	Herbal tea (strong)
Wine (one max)	