

Low FODMAP Eating

What are FODMAPs?

FODMAPs are types of carbohydrates found in many foods. These carbohydrates are either sugars or sugar alcohols. FODMAP is a short term for the following words:

F	Fermentable means that gas is made when these carbohydrates are broken down and digested by bacteria in the intestines.
O	Oligosaccharides are short chains of carbohydrates joined together. There are two types, fructans and galacto-oligosaccharides (GOS).
D	Disaccharides are carbohydrates made up of two sugars joined together. For example lactose is a disaccharide– it contains the sugars, glucose, and galactose.
M	Monosaccharides are carbohydrates that are single sugars, such as fructose.
A	And
P	Polyols are carbohydrates called sugar alcohols. They are found in some fruits and vegetables and sugar-free and low sugar foods. Common names include sorbitol, mannitol, xylitol, maltitol, and isomalt.

For some people, when foods with high amounts of FODMAPs are eaten:

- the body will pull extra fluid into the bowel which can cause diarrhea.
- the bacteria in the bowel will mix with the sugars which can cause gas.
- the extra water and gas makes the bowel stretch which can cause bloating and pain.

What is low FODMAP eating?

Low FODMAP eating means:

- choosing foods that are low in FODMAPs at meals and snacks
- limiting the total amount of FODMAP containing foods you eat at one time

You will try to eat food with less FODMAPs for 2–8 weeks to help identify which foods cause you symptoms. Talk to your dietitian and your doctor to see if you need any medical tests or changes to your medication before starting to eat this way.

Keep a food diary of everything you eat and drink. Write down any changes to the symptoms you have.

How do I eat foods with less FODMAPs?

Choose foods from the ***Foods to Choose*** list on the next page. Try to follow Canada's Food Guide. Meat, poultry, fish and eggs aren't on the food lists because they do not contain FODMAPs.

Choose smaller meals and snacks throughout the day instead of eating large portions at one time.

Prepare meals at home with low FODMAP foods and ingredients. Some restaurant and ready to eat or convenience foods may be high in FODMAPs.

Read the ingredient list on food labels and avoid foods that contain the sugars or sugar alcohols below:

- inulin
- fructo-oligosaccharide (FOS)
- fructose
- galacto-oligosaccharide
- glucose-fructose (high fructose corn syrup)
- isomalt
- lactose
- maltitol
- mannitol
- sorbitol
- xylitol

Wheat and rye contain fructans. Avoid foods that list wheat or rye as one of the first 5 ingredients on the ingredient list. Low FODMAP eating does not need to be wheat or gluten-free but too much at once may cause symptoms.

Gluten-free foods may have other FODMAPs added to them. Read labels to avoid them.

Do not eat foods from the foods to avoid list for at least 2 weeks. It may take up to 8 weeks for symptoms to improve.

Choose single herbs and spices over mixed spice blends. Avoid any mixed spice blends that may contain garlic and/or onion seasonings.

Fats, oils, and infused oils do not contain FODMAPs.

Use lactose free milk and milk products to replace higher lactose milk and milk products. Lactase enzymes can be added to milk as well. Follow the instructions on the product label.

Some sugar substitutes like aspartame and stevia, can be used instead of sugar alcohols. Ask your health care provider about which ones to use and how much you can use in a day.

Getting enough fibre

Choose low FODMAP foods that have fibre to help prevent constipation. Your dietitian can help you choose low FODMAP whole grain foods, vegetables, fruit, nuts, and seeds that have fibre. The table below lists some low FODMAP foods that contain fibre.

Food	Amount	Fibre (g)
Chia seeds	2 Tbsp (30 mL)	7.4
Flax seeds, whole	2 Tbsp (30 mL)	5.8
Quinoa, cooked	1 cup (250 mL)	5.5
Lentils, canned	1/2 cup (125 mL)	4.2
Flax seeds, ground	2 Tbsp (30 mL)	3.9
Brown rice, cooked	1 cup (250 mL)	3.1
Oats, dry	30 g (1/3 cup) (amount to make 175 mL (3/4 cup) cooked)	2.8
Oat bran, dry	2 Tbsp (30 mL)	1.3

Foods to Choose

The foods listed are low in all FODMAPs in the serving size shown. If more than the serving size is eaten in a meal or snack, you could have symptoms. Meat, poultry, fish, and eggs aren't on the food lists because they do not contain FODMAPs.

Grain Products	Serving size low in FODMAPs
Bread, gluten-free	2 slices (54 g)
Bread, gluten-free, multigrain	1 slice (25 g)
Bread, sourdough rye	1 slice (25 g)
Bread, spelt	2 slices (54 g)
Chia seeds	2 Tbsp (30 mL)
Cornflakes	½ cup (125 mL)
Flax seeds	2 Tbsp (30 mL)
Oat bran	2 Tbsp (30 mL)
Oats, dry	⅓ cup (30 g)
Pasta, gluten-free, cooked	½ cup (125 mL)
Quinoa, cooked	1 cup (250 mL)
Rice, basmati, brown, white, cooked	1 cup (250 mL)
Vital wheat protein (seitan)	2 Tbsp (30 mL)

Fruits	Serving size low in FODMAPs
Avocado	⅛ of an avocado (25 g)
Banana	1 medium (118 g)
Blueberries	⅓ cup (49 g)
Cantaloupe	½ cup (125 mL)
Honeydew	½ cup (125 mL)
Kiwi	1 medium (69 g)
Lemon juice	½ cup (125 mL)
Orange	1 medium (130 g)
Orange juice	½ cup (125 mL)
Pineapple	½ cup (125 mL)
Raspberries	½ cup (125 mL)
Strawberries	½ cup (125 mL)

Vegetables	Serving size low in FODMAPs
Alfalfa sprouts	½ cup (125 mL)
Asparagus	3 spears (45 g)
Beet, boiled	4 slices (40 g)
Bell peppers, green, sliced	½ cup (125 mL)
Bell, peppers, red, sliced	1 cup (250 mL)
Bok choy	1 cup (250 mL)
Broccoli	½ cup (125 mL)
Brussels sprouts	4 Brussels sprouts (84 g)
Butternut squash, diced	¼ cup (60 mL)
Cabbage	½ cup (125 mL)
Carrot	1 medium (61 g)
Celery	¼ medium stalk (12 g)
Chilies, red	2 Tbsp (30 mL)
Chives	½ cup (125 mL)
Corn, sweet	½ cob (52 g)
Cucumber	1 cup (250 mL)
Eggplant	1 cup (250 mL)
Lettuce, butter, radicchio, red, iceberg	1 cup (250 mL)
Potato	1 cup (250 mL)
Snow peas	5 pods (17 g)
Spinach, raw	2 cups (500 mL)
Tomato	1 medium (123 g)
Zucchini	½ cup (125 mL)

Milk and Alternatives	Serving size low in FODMAPs
Buttermilk	⅓ cup (75 mL)
Cheese, cottage, 2% and 4.5% MF	½ cup (125 mL)
Cheese, cottage, dry, non-fat 0.4% MF	1 ½ cup (375 mL)
Cheese, hard, (mozzarella, cheddar)	1 ½ oz (50 g)
Kefir	½ cup (125 mL)
Lactose free and low lactose milk and milk products	as tolerated
Milk, cow	¼ cup (60 mL)
Milk, evaporated	2 ½ Tbsp (40 mL)
Milk, cow, chocolate	⅓ cup (75 mL)
Sour cream	¼ cup (60 mL)
Yogurt	½ cup (125 mL)

Beans, lentils, and nuts	Serving size low in FODMAPs
Almonds	10 nuts (12 g)
Brazil Nuts	10 nuts (41 g)
Chickpeas, canned, well rinsed	½ cup (125 mL)
Hazelnuts	10 nuts (15 g)
Lentils, canned, rinsed	½ cup (125 mL)
Macadamia	20 nuts (40 g)
Nut and seed butters	2 Tbsp (30 mL)
Peanuts	32 nuts (28 g)
Tempeh	⅓ cup + 2 Tbsp (100 g)
Tofu, plain	⅓ cup + 2 Tbsp (100 g)
Walnuts	10 halves (30 g)

Other sweeteners	Serving size low in FODMAPs
Maple syrup	2 Tbsp (30 mL)
Molasses	1 Tbsp (15 mL)
Sucrose sweetened chewing gum and candy	as tolerated
Sugar, white or brown	1 Tbsp (15 mL)

Meal and snack ideas

Breakfast

- 1–2 slices of gluten-free toast with 1–2 Tbsp (15–30 mL) peanut butter and a medium banana
- 2 scrambled eggs with ½ cup (125 mL) spinach and 30 g (1 oz) of cheddar cheese
- ½ cup (125 mL) cooked oatmeal with ½ cup (125 mL) of berries. Use lactose-free milk if needed
- ¾ cup (175 mL) lactose-free yogurt with ½ cup (125 mL) blueberries and 2 Tbsp (30 mL) of flaxseed

Lunch

- sandwich made with 2 slices of gluten-free bread and egg, tuna, or ham, with sliced carrots and pepper
- chicken wrap made with a corn tortilla, chicken, cucumber slices, shredded carrots, green onion tops, and iceberg lettuce
- homemade soup made from low FODMAP vegetables with gluten-free crackers, slice of cheddar cheese
- chicken and ½ cup (125 mL) broccoli over rice, orange slices

Supper

- roast beef with 1 cup (250 mL) carrots and 1 cup (250 mL) of roasted potatoes
- baked fish with 1 cup (250 mL) of basmati rice and 1 cup (250 mL) of cucumber feta salad
- sesame chicken with 1 cup (250 mL) eggplant and zucchini over 1 cup (250 mL) of quinoa
- 1 cup (250 mL) gluten-free pasta with ground turkey in home-made tomato sauce and 1 cup (250 mL) of green salad

Snacks

- fresh vegetable sticks: cucumber, carrots, zucchini
- 1 medium banana, 1 medium orange
- lactose-free yogurt and 1 cup (250 mL) of strawberries
- 1 cup (250 mL) of fresh pineapple with ½ cup (125 mL) cottage cheese

Foods to Avoid

This list includes common foods to avoid while trying to reduce FODMAPs. FODMAPs are identified with an “**x**” in the FODMAP columns.

Grain Products to avoid	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Barley, pearl, cooked	x	x			
Bread, rye	x	x	x		
Bread, rye, dark	x	x			
Bread, wheat, multigrain	x	x			
Bread, wheat, whole grain	x		x		
Couscous	x				
Granola bar, muesli-based with fruit	x				
Muesli, gluten-free, wheat-free	x			x	
Pasta, wheat	x				

Fruits to avoid	Oligosaccharide	Excess fructose	Polyols	
	Fructans		Sorbitol	Mannitol
Apple juice		x	x	
Apples, with skin		x	x	
Applesauce, sweetened		x	unknown	
Apricots	x		x	
Avocado			x	
Blackberries			x	
Cherries			x	
Grape juice		x		
Grapefruit	x			
Grapes		x		
Longan			x	
Lychees			x	
Mangos		x		
Nectarines	x		x	
Peaches (white, yellow)	x		x	
Pears		x	x	
Persimmons	x			
Pomegranate juice		x		
Plums	x		x	
Prunes			x	
Rambutans	x			
Watermelon	x	x		x

Vegetables to avoid	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Artichoke, globe	x				
Artichoke, heart, canned			x		
Artichoke, Jerusalem	x		x		
Cauliflower					x
Garlic and garlic powder	x				
Leeks	x				
Mushrooms, raw	x				x
Onion and onion powder	x				
Shallots	x				
Snow peas	x	x			x
Sweet potato					x

Milk products to avoid	Oligosaccharides		Excess fructose	Polyols		Lactose
	Fructans	GOS		Sorbitol	Mannitol	
Avoid in any serving size above the serving listed on the foods to choose list.						x

Beans, lentils, and nuts to avoid	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Black beans, boiled	x	x			
Cashews		x			
Lentils, red and green, boiled		x			
Lima beans, boiled	x	x			
Mung beans, boiled	x	x			
Pistachios	x	x			
Red kidney beans, boiled	x	x			
Soy beans, boiled	x	x			
Split peas, boiled	x	x			

Other foods to avoid	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Canned pasta, meatballs, and tomato sauce			x		
Carbonated soft drinks made with glucose-fructose (cola, lemon-lime, ginger ale)			x		
Granola bar, fruit filled			x		
Horseradish sauce (wasabi)				x	
Lemonade, frozen and concentrated			x		
Sugar alcohol based sugar substitutes				x	
Sugar-free frozen ice cream				x	
Sugar-free gum				x	
Sugar-free syrup				x	

Sweeteners to avoid	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Agave dried or syrup			x		
Honey			x		

Fibre supplements to avoid	Oligosaccharides		Excess fructose	Polyols	
	Fructans	GOS		Sorbitol	Mannitol
Inulin (chicory root)	x				
Nutrition supplements with fructo-oligosaccharide	x				

Notes: