

What are FODMAPs?

FODMAPs are short-chain carbohydrates, or sugars and fibers, that are not properly absorbed by the intestines. The slow moving nature of these undigested carbohydrates causes water to be pulled into the intestines. When they reach the large intestine, they are fermented by our microbes or “feed our bacteria” which naturally produces gas. The combination of additional water and gas expands the intestines which is often experienced as bloating, pain, and discomfort – especially in people with IBS who have hypersensitive guts.

The acronym stands for:

F: Fermentable

O: Oligosaccharides (galacto-oligosaccharides (GOS) & fructans)

Found in wheat, onions, garlic, legumes, dried fruit

D: Disaccharides (lactose & milk sugar)

Found in milk, ice cream, yogurts, cheeses, milk powder

M: Monosaccharide (excessive fructose)

Found in apples, mango, figs, honey, high fructose corn syrup

A: and

P: Polyols (sugar alcohols - mannitol & sorbitol)

Found in cauliflower, apricots, apples, peach, artificial sweeteners

Why am I avoiding FODMAPs?

To temporarily remove the carbohydrates that may cause pain, bloating, or intestinal discomfort

How long do I follow this?

2-6 weeks

This diet is not intended to be long-term, in fact, long-term restriction of fermentable carbohydrates has been shown to reduce species of bifidobacteria. Although, researchers do not know the implications associated with the reduction of this species or how it impacts health outcomes.

How do you implement the low FODMAP diet?

The diet is implemented in the three stages below. The primary information in this handout is focused on Elimination. To challenge and personalize the diet, it's important to work with a clinical nutritionist or dietitian.

Stage 1: Eliminate (2-6 weeks)

Stage 2: Challenge (generally 6-8 weeks)

Stage 3: Personalize



Example Plate

- Grilled Chicken/Salmon
- Roasted Vegetables (zucchini, yellow squash, sweet potato)
- Chickpeas (canned, ¼ drained & rinsed)
- Healthy fat (like nuts, seeds, avocado, olive oil)
- Orange
- Water

This is NOT comprehensive! Use the MONASH app as the gold standard for what to include AND the portion sizes of each food.

FOOD GROUPS	SAFE	CAUTION	AVOID
VEGETABLES	alfalfa, bamboo shoots, bean shoots, bok choy, carrot, choko, choy sum, eggplant, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini	celery	ancho chile, artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, cauliflower, chipotle chile, fennel, garlic, green capsicum (bell pepper), leek, mushroom, okra, onion (all), shallots, spring onion, sweet corn
FRUIT	banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo		apple, apricot, avocado, blackberry, cherry, custard apple, longon, lychee, mango, nashi, nectarine, peach, pear, persimmon, plum, prune, watermelon, <i>tinned fruit in natural juice, concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</i>
LEGUMES	edamame (½ cup), chickpeas (canned, ¼ cup drained & rinsed), tofu (firm), green or red lentils (¼ cup cooked from scratch or ½ cup drained & rinsed), tempeh	canned kidney beans, sprouted mung beans <i>(only in small quantities)</i>	baked beans, black beans, chickpeas, kidney beans, lentils, soy beans
NUTS & SEEDS	Almonds (10 nuts), Almond butter (1 Tbsp), Brazil nuts (10 nuts), Chia seeds (2 Tbsp), Flax seeds (1 Tbsp), Hazelnuts (10 nuts), Hemp seeds (2 Tbsp), Macadamia nuts (20 nuts), Peanuts (32), Pecan (10 halves), Pine nuts (1 Tbsp), Pumpkin seeds (2 Tbsp), Walnuts (10 halves)	Almond butter (>1 Tbsp)	Almonds (>10), Cashews, Pistachios
GRAINS	gluten-free bread or cereal products, 100% spelt bread, rice, oats, polenta, arrowroot, millet, psyllium, quinoa, sorghum, sprouted barley, tapioca, soba noodles		wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta
PROTEIN	Meat Poultry Fish and Seafood Eggs Bacon (without high-fructose corn syrup or fructose)		Any containing breadings, gravies, stocks, broth, sauces or marinades prepared with unsafe ingredients (read the ingredient list!)

FOOD GROUPS	SAFE	CAUTION	AVOID
DAIRY	lactose-free milk*, oat milk*, rice milk*, soy milk*, hard cheeses, brie, camembert, yoghurt: lactose-free varieties, ice-cream substitutes, gelati, sorbet, butter substitutes, olive oil <i>*check for additives</i>	coconut milk <i>(only in small quantities)</i>	milk from cows, goats or sheep, custard, ice cream, yoghurt, soft unripened cheeses eg. cottage, cream, mascarpone, ricotta
SWEETENERS	glucose, artificial sweeteners not ending in '-ol', treacle	sugar (sucrose), golden syrup, maple syrup*, molasses <i>(only in small quantities)</i>	fructose, high fructose corn syrup, corn syrup, fruisana, sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)
SEASONINGS AND OTHER	basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme		chicory, dandelion, garlic, inulin, onion

Helpful Resources

Contact our [Clinical Nutritionist](#) who can walk you through the process and provide meal planning ideas, further information on the diet, how to gain or lose weight on low FODMAP, and how to fit low FODMAP into your daily routine

The MONASH App or [Website](#)

[FODMAP Meal Delivery: Modify Health](#)

[FODY brand](#)

FODMAP Recipes:

<https://funwithoutfodmaps.com/>

<https://www.fodmapeveryday.com/recipes/>