

About the FODMAPs Diet:

The low FODMAPs diet protocol was developed to assist those with IBS or IBS symptoms associated with FODMAPs malabsorption issues, by eradicating the cause of IBS. The protocol focuses on a wholefood diet, avoiding foods high in FODMAPs and enjoying the foods identified as FODMAPs friendly.

This diet is usually recommended for 2-6 weeks at a time. For those with significant IBS and malabsorption issues, the protocol will need to be adapted into a long-term lifestyle change. This is optimally achieved and managed by working with an experienced practitioner. The advantages of working with your practitioner are obtaining guidelines individually design for your specific needs; including how to gradually re-introduce foods into your diet, how to incorporate high FODMAPs foods to still maintain the enjoyment and satisfaction of food and how to prevent and/or manage gastrointestinal condition for life.

Examples of LOW FODMAPs Foods

Fruit*	Vegetables	Cereals & Grains	Milk Products	Other Foods
Banana, kiwifruit, strawberry, blueberry, orange, mandarin, lemon, lime, honeydew melon, grapes, pineapple, passion fruit. *Limit serving size	Potato, carrot, spinach, capsicum, eggplant, zucchini, lettuce, tomato, cucumber, turnip, swede, green beans, parsnip, squash	Rice, corn flour, quinoa, millet, sorghum, oats, polenta.	Lactose-free milk, lactose-free yoghurt, fermented cheeses (block cheese) e.g. parmesan, cheddar, gouda, edam, brie, camembert, feta, mozzarella. Small amounts of cream and soft cheeses.	Sugar, maple syrup, golden syrup. Small handful of nuts and seeds (all except cashews and pistachios), unprocessed meat, fish, chicken, eggs. Garlic-infused olive oil.

While initially the protocol can appear overwhelming and restrictive, the food checklist provided demonstrates the abundance of FODMAPs friendly foods. In addition to these foods, there are some other important points to be aware of when undertaking the FODMAPs protocol.

- The fridge is a great place to keep the check list so it can be referred to easily
- Carefully read labels on packaged foods to ensure the product is FODMAPs friendly
- Check that your medications and supplements are FODMAPs friendly
- It is important to note that fructose is generally only a problem when a food contains more fructose than glucose or too much fructose is eaten at once. For example kiwi fruit has equal amounts of glucose to fructose making it acceptable in the FODMAPs diet, where apples have higher amounts of fructose than glucose making them unacceptable.
- The key to success with this protocol is to be prepared and understand that the hard work and effort will be highly rewarding with a reduction in IBS symptoms and gastrointestinal discomfort
- The best way to approach the FODMAPs diet is with assistance from your practitioner

FODMAP FRIENDLY FOODS
– ENJOY –

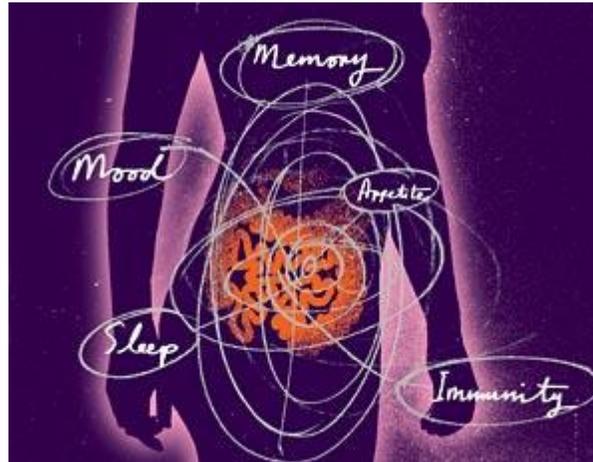
HIGH FODMAP FOODS
– AVOID/LIMIT –

Serving Suggestions

Helpful Tips

	FODMAP FRIENDLY FOODS – ENJOY –	HIGH FODMAP FOODS – AVOID/LIMIT –	Serving Suggestions	Helpful Tips
Dairy	<p>Lactose-free milk and lactose-free dairy products.</p> <p>Nut milks (oat, rice, soy, quinoa)</p> <p>Cultured cheeses (brie, camembert, cheddar, feta, mozzarella, Parmesan, Swiss cheese).</p> <p>Nutlex, butter, nut spreads</p>	<p>Lactose containing dairy and dairy products (e.g. milk, yogurt, ice cream, custard, ricotta, cottage cheese, sour cream, cream cheese)</p> <p>Margarine, dairy butter</p>		<p>-Be aware: goat's milk also contains lactose</p> <p>-Try coconut yoghurt</p> <p>-Yellow dairy products are often more fermented so lower in lactose.</p>
Fruit	<p>Banana, kiwifruit, , blueberries, citrus fruits (orange, lemon, lime etc), dragon fruit, grapes, honeydew melon, passion fruit, pineapple, raspberries, star fruit, strawberries</p>	<p>Apples, apricots, boysenberry, cherries, figs, grapefruit, mango, nectarines, peaches, pears, persimmon, plums, prunes, cantaloupe, watermelon and dried fruits</p>	<p>-Limit to a max. 1 serving of fruit per meal (e.g. 1 medium orange or 1 cup of chopped fruit or berries)</p> <p>-Limit juice to 100ml</p>	<p>-Limit coconut flesh and avoid coconut water, milk and cream.</p> <p>-<u>Coconut oil</u> is acceptable</p>
Vegetables	<p>Bamboo shoots, bok choy, bean sprouts, bell peppers, lettuce, carrot, celery, celeriac, chives, general cabbage, cucumber, fennel, green beans, eggplant, endive, kale, tomato, olives, parsnip, potatoes, radish, silverbeet, spinach, Swiss chard, swedes, squash, turnip, water chestnuts, zucchini</p>	<p>Onion, garlic, leek, spring onion.</p> <p>Cauliflower, mushrooms, pumpkin, snow pears, artichoke, asparagus, sugar snap peas</p>	<p>Moderate servings of avocado, beetroot, broccoli, brussel sprouts, butternut pumpkin, green peas, pomegranate, savoy cabbage, snow peas & sweet corn. Max. $\frac{1}{3}$ cup in total with each meal</p>	<p>-Infuse oil with garlic or onion</p> <p>-Use only the green part of scallions or spring onions</p> <p>-Celery is a good alternative to onion</p>
Sweeteners	<p>Maple syrup, glucose, stevia, table sugar (sucrose), rice malt syrup</p>	<p>Agave, honey, High Fructose Corn Syrup (HFCS), all artificial sweeteners.</p>	<p>Less is best</p>	<p>-Avoid artificial sweeteners and those ending in -ol</p>
Beverages	<p>Most wine, vodka and gin</p> <p>Espresso coffee, tea (black, green, white, peppermint)</p> <p>Water, soda water</p>	<p>Rum & pre-mixed drinks</p> <p>Instant coffee, chamomile, dandelion root, fennel and fruit teas.</p> <p>Sports drinks</p>	<p>Alcohol is a gastric irritant so limit intake to 1 glass</p>	<p>-Avoid low calorie mixers and drinks</p> <p>- Avoid beers containing gluten, wheat and rye</p> <p>- Avoid sweet ciders</p>
Grains	<p>Gluten-free breads, gluten-free cereal products and flours. Amaranth, arrowroot, buckwheat, corn, millet, oats, polenta, potato starch, quinoa, rice (all kinds), sorghum, spelt</p>	<p>Wheat, rye, barley, bran, burgle, cereals, couscous, semolina</p>	<p>Limit bread to 1-2 pieces per day</p>	<p>-Aim for organic grains</p> <p>-Choose 100% spelt products</p>
Nuts & Seeds	<p>Almonds, hazelnuts, macadamia, pecan, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds</p> <p>Chia seeds</p> <p>Flax seeds</p>	<p>Pistachios, cashews</p>	<p>10-15 nuts max. per serve</p> <p>2 tbsp. per serve</p> <p>1 tbsp. per serve</p>	<p>-Choose raw, unroasted and unsalted nuts</p>

Other	<p>-Tofu and tempeh -Fresh and dried herbs and spices (e.g. ginger) -Plant based oils (e.g. olive, sunflower)</p> <p>- Protein (poultry, fish, seafood, beef, pork, lamb, eggs)</p>	<p>Cocoa powder and carob Lentils, chickpeas, legumes</p> <p>Avoid deli meats, deli seafood mixes and processed meats</p>	<p>Avoid too many soy products</p>	<p>-Be careful with garlic and onion.</p>
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Further reading:

- Gastroenterological Society of Australia (www.gesa.org.au)
- Monash University (www.med.monash.edu/cecs/gastro/fodmap/)
- Sue Shepherd (<http://shepherdworks.com.au>)
- Kate Scarlata FODMAPs recipes (<http://blog.katescarlata.com/>)