

FODMAPS / IBS Diet

FODMAPs are **F**ermentable, **O**ligosaccharides, **D**isaccharides, **M**onosaccharides and **P**olyols (sugar alcohols) that are poorly absorbed in the small intestine. They are osmotic, meaning they pull water into the intestinal tract. When consumed in excess, they may be fermented by intestinal bacteria, which can lead to gas, bloating, cramping and/or diarrhea and other symptoms common with Irritable Bowel Syndrome (IBS). Eliminating dietary FODMAPs might alleviate these symptoms.

For a comprehensive list of which foods are low and high in FODMAPs, please [click here](#). In addition to what is listed, raw, unsalted nuts and seeds (except for pistachios) are allowed in appropriate serving sizes (2 Tablespoons).

Follow the low-FODMAP diet for 6 weeks. After this, if symptoms have resolved, you can add foods back in one at a time to identify your 'trigger' foods. Please schedule an appointment with our dietitian to oversee this 'challenge phase'.

Low FODMAP Meals and Snacks:

- Scrambled eggs with spinach and feta
- Oatmeal topped with sliced banana, almonds and brown sugar
- Lactose-free yogurt with strawberries and crushed walnuts
- Rice pasta with chicken, tomatoes and zucchini
- Sliced turkey on a gluten-free wrap with lettuce, tomato, Swiss cheese, and mustard
- Quesadilla with corn tortilla and cheddar cheese

| Food Category | High FODMAP foods | Low FODMAP food alternatives |
|--------------------|---|---|
| Vegetables | Asparagus, artichokes, onions(all), leek bulb, garlic, legumes/pulses, sugar snap peas, onion and garlic salts, beetroot, Savoy cabbage, celery, sweet corn | Alfalfa, bean sprouts, green beans, bok choy, capsicum (bell pepper), carrot, chives, fresh herbs, choy sum, cucumber, lettuce, tomato, zucchini. |
| Fruits | Apples, pears, mango, nashi pears, watermelon, nectarines, peaches, plums | Banana, orange, mandarin, grapes, melon |
| Milk and dairy | Cow's milk, yoghurt, soft cheese, cream, custard, ice cream | Lactose-free milk, lactose-free yoghurts, hard cheese |
| Protein sources | Legumes/pulses | Meats, fish, chicken, Tofu, tempeh |
| Breads and cereal | Rye, wheat-containing breads, wheat-based cereals with dried fruit, wheat pasta | Gluten-free bread and sourdough spelt bread, rice bubbles, oats, gluten-free pasta, rice, quinoa |
| Cookies and snacks | Rye crackers, wheat-based biscuits | Gluten-free biscuits, rice cakes, corn thins |
| Nuts and seeds | Cashews, pistachios | Almonds (<10 nuts), pumpkin seeds |