



FODMAPS / IBS Diet

FODMAPs are **F**ermentable, **O**ligosaccharides, **D**isaccharides, **M**onosaccharides and **P**olys (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

(see chart on following page)



Food Group	Low FODMAPs	High FODMAPs (avoid)
Eggs, Meats, Poultry, Fish	beef, chicken, deli slices, eggs, fish, lamb, pork, shellfish, turkey	made with HFCS/foods to limit
Dairy	lactose free dairy (any), low lactose dairy: cream cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss, etc), soft cheeses (brie, feta, mozzarella, etc), sherbet, yogurt (greek), whipped cream	high lactose dairy: buttermilk, chocolate, creamy/cheesy sauces, custard, ice cream, milk (cow's, goat's, sheep's, condensed, evaporated), soft cheeses (cottage, ricotta, etc), sour cream
Meat, Non-Dairy Alternatives	milk alternatives (almond, coconut, rice, soy (made from soy protein)), nuts (walnut, macadamia, peanut, pecan, pine), nut butters, tempeh, tofu	cashews, beans, black eyed peas, bulgur, lentils, miso, pistachios, soybeans, soy milk (made from soybeans)
Grains	made with gluten free/spelt grains (corn, oats, potato, quinoa, rice, tapioca, etc): bagels, biscuits, breads, cereals, chips, crackers, noodles, pancakes, pastas, pretzels, tortillas, waffles, oatmeal, oat bran, popcorn, quinoa, rice, rice bran	made with wheat/barley/rye when it's the major ingredient, gluten free/spelt grains made with foods to limit, chicory root, inulin
Fruits	bananas, blueberries, cantaloupe, cranberries, grapes, honeydew, kiwi, lemon, lime, mandarin, orange, passion fruit, pineapple, raspberries, rhubarb, strawberries, tangerine	apples, applesauce, apricots, blackberries, boysenberries, canned fruit, dates, dried fruits, figs, guava, mango, nectarines, papaya, peaches, pears, plums, persimmon, prunes, watermelon
Vegetables	alfalfa/bean sprouts, bamboo shoots, bell peppers, bok choy, carrots, cabbage (common), cucumbers, eggplant, green beans, kale, lettuce, parsnips, pumpkin, potatoes, radishes, rutabaga, seaweed (nori), spinach, squash, tomatoes, turnips, water chestnuts, zucchini	artichokes, cauliflower, mushrooms, sugar snap peas
Desserts	made with foods allowed	made with HFCS/foods to limit
Beverages	fruit and vegetable juices/smoothies made with foods allowed (limit to ½ cup at a time), coffee, tea	made with HFCS/foods to limit, fortified wines (sherry, port)
Seasonings, Condiments	jam, jelly, pickle, relish, salsa, sauce, salad dressing made with foods allowed, most spices and herbs, broth (homemade), butter, chives, cooking oils, garlic/onion infused oil, maple syrup without HFCS, mustard, margarine, mayonnaise, onion (spring-green part), olives, pepper, pesto, salt, seeds (chia, flax, pumpkin, sesame, sunflower), sugar, soy sauce, vinegar	chutney, jam, jelly, pickle, relish, salsa, sauce or salad dressing made with HFCS/ foods to limit, agave, garlic, garlic salt/powders, honey, hummus, molasses, onions (brown, leeks, shallots, spanish, white, spring-white part), onion salt/powders, tomato paste, artificial sweeteners (isomalt, mannitol, sorbitol, xylitol)