

# Care Gram

## The Low-FODMAP Diet

### What Are FODMAPs?

FODMAPs (Fermentable Oligo-Di-Monosaccharides and Polyols) are a group of carbohydrates (sugars) found in many common foods. Foods that are high in FODMAPS may not be digested or absorbed well and can pull water into the intestines. This can cause diarrhea, constipation, gas, bloating, or cramping when eaten in excess.

FODMAPs include:

- Fructose – found in fruit, honey, and high fructose corn syrup
- Lactose – found in dairy products
- Fructans – found in wheat, garlic, onion, and inulin
- Galactans – found in legumes such as beans, lentils, and soybeans
- Polyols – found in sweeteners containing isomaltose, mannitol, sorbitol, xylitol, and stone fruits such as avocados, apricots, cherries, nectarines, peaches, and plums

### What Is a Low FODMAP Diet?

A low-FODMAP diet limits the amount of FODMAPs consumed. This diet may help reduce symptoms if you have irritable bowel syndrome or are sensitive to the effects of FODMAPs. A low-FODMAP diet also may be used with other digestive disorders. Choose low-FODMAP foods from the listings on page 2.

### Getting Started

- Plan ahead. Review food lists and collect recipes before you go to the grocery store.
- Read food labels. Avoid foods that list high-FODMAP items as one of the first four ingredients.
- Buy gluten free grains because they do not contain high-FODMAP grains.
- Limit serving sizes (1/2 cup) of foods that cause you symptoms. The symptoms could be related to eating large amounts of FODMAPs at one time.
- Eat slowly and consider small frequent meals.
- If you are constipated, drink plenty of water. Include high-fiber low-FODMAP foods in your diet.
- After your symptoms have subsided, add small amounts of high-FODMAP foods, one at a time, back in the diet so that you can identify foods that may be causing your symptoms. Limit any food that causes symptoms.
- Keep a food diary of the foods you eat and symptoms you are having. This will help you identify foods that are causing problems.



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Choose foods that are low in FODMAPS, such as:

<b>Fruit</b>			
<ul style="list-style-type: none"> <li>• Banana</li> <li>• Blueberries</li> <li>• Cantaloupe</li> <li>• Cranberries</li> <li>• Grapes</li> </ul>	<ul style="list-style-type: none"> <li>• Honeydew melon</li> <li>• Kiwi</li> <li>• Lemon</li> <li>• Lime</li> <li>• Mandarin Orange</li> </ul>	<ul style="list-style-type: none"> <li>• Passion fruit</li> <li>• Pawpaw</li> <li>• Pomegranate</li> <li>• Raisins</li> <li>• Raspberries</li> </ul>	<ul style="list-style-type: none"> <li>• Rhubarb</li> <li>• Star fruit</li> <li>• Strawberries</li> <li>• Tangelo</li> </ul>
<b>Vegetables</b>			
<ul style="list-style-type: none"> <li>• Arugula</li> <li>• Avocado</li> <li>• Bamboo shoots</li> <li>• Bean shoots</li> <li>• Bok choy</li> <li>• Carrot</li> <li>• Celery</li> </ul>	<ul style="list-style-type: none"> <li>• Cucumber</li> <li>• Eggplant</li> <li>• Endive</li> <li>• Ginger root</li> <li>• Green beans</li> <li>• Kale</li> </ul>	<ul style="list-style-type: none"> <li>• Lettuce</li> <li>• Oyster mushrooms</li> <li>• Parsnip</li> <li>• Potato</li> <li>• Pumpkin</li> <li>• Spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Squash</li> <li>• Sweet potato</li> <li>• Tomato</li> <li>• Turnip</li> <li>• Water chestnuts</li> <li>• Zucchini</li> </ul>
<b>Grains/beans</b>			
<ul style="list-style-type: none"> <li>• Gluten-free bread</li> <li>• Gluten-free pasta</li> <li>• Corn tortillas</li> <li>• Millet</li> </ul>	<ul style="list-style-type: none"> <li>• Millet bread</li> <li>• Polenta</li> <li>• Popcorn</li> <li>• Quinoa</li> </ul>	<ul style="list-style-type: none"> <li>• Sorghum</li> <li>• Soba noodles</li> <li>• Sourdough bread</li> <li>• Tortilla chips</li> </ul>	<ul style="list-style-type: none"> <li>• Tofu (firm)</li> <li>• Tempeh</li> </ul>
<b>Milk/milk substitutes</b>			
<ul style="list-style-type: none"> <li>• Almond milk*</li> <li>• Brie</li> <li>• Camembert</li> <li>• Cheddar cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Colby cheese</li> <li>• Feta cheese</li> <li>• Goat cheese</li> <li>• Havarti cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Hemp milk*</li> <li>• Lactose-free milk*</li> <li>• Mozzarella cheese</li> <li>• Oat milk*</li> </ul>	<ul style="list-style-type: none"> <li>• Parmesan cheese</li> <li>• Rice milk*</li> <li>• Swiss cheese</li> </ul>
<b>Nuts/seeds</b>			
<ul style="list-style-type: none"> <li>• Almonds</li> <li>• Almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• Macadamia</li> <li>• Peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• Pecans</li> <li>• Pine nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Walnuts</li> </ul>
<b>Other</b>			
<ul style="list-style-type: none"> <li>• Coffee</li> <li>• Dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• Herbs and spices</li> <li>• Miso</li> </ul>	<ul style="list-style-type: none"> <li>• Mustard</li> <li>• Olives</li> </ul>	<ul style="list-style-type: none"> <li>• Seaweed</li> </ul>

\*Check for additives.

Avoid foods that contain FODMAPS, such as:

<b>Fruit</b>			
<ul style="list-style-type: none"> <li>• Apple</li> <li>• Blackberries</li> <li>• Boysenberries</li> <li>• Cherries</li> <li>• Currants</li> </ul>	<ul style="list-style-type: none"> <li>• Dates</li> <li>• Dried fruit</li> <li>• Figs</li> <li>• Grapefruit</li> <li>• Lychee</li> </ul>	<ul style="list-style-type: none"> <li>• Mango</li> <li>• Nectarine</li> <li>• Peaches</li> <li>• Pear</li> </ul>	<ul style="list-style-type: none"> <li>• Persimmon</li> <li>• Plum</li> <li>• Prunes</li> <li>• Watermelon</li> </ul>
<b>Vegetables</b>			
<ul style="list-style-type: none"> <li>• Artichoke</li> <li>• Asparagus</li> <li>• Beetroot</li> <li>• Broccoli</li> <li>• Brussels sprouts</li> </ul>	<ul style="list-style-type: none"> <li>• Cabbage</li> <li>• Cauliflower</li> <li>• Green capsicum (bell pepper)</li> <li>• Fennel</li> </ul>	<ul style="list-style-type: none"> <li>• Garlic</li> <li>• Leek</li> <li>• Okra</li> <li>• Onion (all)</li> <li>• Mushroom</li> </ul>	<ul style="list-style-type: none"> <li>• Shallots</li> <li>• Spring onion</li> <li>• Sweet corn</li> <li>• Sugar snap peas</li> </ul>
<b>Grains/beans</b>			
<ul style="list-style-type: none"> <li>• Baked beans</li> <li>• Black beans</li> </ul>	<ul style="list-style-type: none"> <li>• Chicory root</li> <li>• Hummus</li> </ul>	<ul style="list-style-type: none"> <li>• Inulin</li> <li>• Kidney beans</li> </ul>	<ul style="list-style-type: none"> <li>• Most wheat, barley and rye</li> <li>• Soy flour</li> </ul>
<b>Milk/milk Substitutes</b>			
<ul style="list-style-type: none"> <li>• Cottage cheese</li> <li>• Custard</li> <li>• Evaporated milk</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen yogurt</li> <li>• Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Ricotta cheese</li> <li>• Sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• Soy milk</li> <li>• Yogurt</li> </ul>
<b>Nuts/seeds</b>			
<ul style="list-style-type: none"> <li>• Cashews</li> </ul>	<ul style="list-style-type: none"> <li>• Pistachios</li> </ul>		
<b>Sweeteners</b>			
<ul style="list-style-type: none"> <li>• Agave</li> <li>• Fructooligosaccharides (FOS)*</li> </ul>	<ul style="list-style-type: none"> <li>• High-fructose corn syrup</li> <li>• Honey</li> </ul>	<ul style="list-style-type: none"> <li>• Isomalt</li> <li>• Mannitol</li> <li>• Maltitol</li> </ul>	<ul style="list-style-type: none"> <li>• Sorbitol sugar-free gum, candy and mints</li> <li>• Xylitol</li> </ul>
<b>Tea/alcohol</b>			
<ul style="list-style-type: none"> <li>• Chamomile</li> <li>• Fennel and oolong teas</li> <li>• Hard cider</li> </ul>	<ul style="list-style-type: none"> <li>• Limit beer, gin, vodka, whisky and wine to 1 ounce</li> </ul>		

\* Fructooligosaccharides are plant sugars used in products as an alternative sweetener and as a supplement.

**Low-FODMAP Meals and Snack Ideas**

- Gluten-free pancakes with maple syrup and strawberries
- Omelet with spinach, tomatoes, zucchini, and cheddar cheese
- Oatmeal with almond milk, sliced banana, and walnuts
- Turkey sandwich on gluten-free bread with lettuce, tomato, mayonnaise
- Grilled chicken breast with spinach, carrots, cucumbers, and bell peppers with vinegar and oil dressing
- Sautéed shrimp with soy sauce, bamboo shoots, bok choy, carrots, water chestnuts, and rice

- Green beans, potatoes, and ham
- Pork chops with mashed potatoes (made with lactose-free milk) and roasted carrots
- Gluten-free pasta with shrimp, spinach, olives, and tomatoes with pesto sauce
- Greek yogurt with blueberries
- Gluten-free crackers with peanut butter