

# Low FODMAP Diet Guide

FODMAP	EXCESS FRUCTOSE	LACTOSE	OLIGOSACCHARIDES (fructans and/or galactans)	POLYOLS
<b>Problem high FODMAP food source</b>	<p>Fruits: apples, pears, nashi pears, clingstone peaches, mango, watermelon, persimmon, rambutan, cherries, boysenberry, tinned fruit in natural juice</p> <p>Vegetables: sugar snap peas, asparagus, artichokes</p> <p>Honey</p> <p>Sweeteners: Fructose, high fructose corn syrup</p> <p>Large total fructose dose: concentrated fruit sources, large serves of fruit, dried fruit, fruit juice, tropical juices</p>	<p>Milk: cow, goat and sheep (regular and low fat), ice cream, condensed milk</p> <p>Yoghurt: (regular and low fat)</p> <p>Cheeses: soft and fresh (e.g. ricotta, cottage, cream cheese)</p>	<p>Vegetables: artichokes, asparagus, chicory, dandelion leaves, onions (brown, leek, shallots, spanish, white), spring onion (white park), onion and garlic salts and onion powders, garlic</p> <p>Cereals: wheat &amp; rye when eaten in large amounts (e.g bread, pasta, couscous, crackers, biscuits), muesli based fruit bars</p> <p>Nuts &amp; Seeds – cashews, pistachio</p> <p>Legumes: chickpeas, lentils, red kidney beans, baked beans. Note: canned legumes have lower FODMAP levels.</p> <p>Fruits: watermelon, custard apple, white peaches, rambutan, persimmon, nectarines</p> <p>Drinks/Supplements – chicory (Ecco, Caro), fructo-oligosaccharides, inulin (often called fibre in some nutritional supplements and products)</p>	<p>Fruits: apples, apricots, blackberries, cherries, longan, lychee, nashi pears, nectarine, pears, peaches, plums, prunes, watermelon</p> <p>Vegetables: avocado, cauliflower, mushrooms, snow peas</p> <p>Sweeteners: sorbitol (420), mannitol (421), xylitol (967), maltitol (965), isomalt (953) &amp; others ending in “-ol”</p>
<b>Suitable alternatives &amp; Shopping guide</b>	<p>Fruit: bananas, blueberry, carambola (star fruit), cantaloupe, durian, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, paw paw, pineapple, raspberry, rhubarb, rockmelon, strawberry, tangelo</p> <p><b>**limit intake to small servings, although can have many serves during the day**</b></p> <p>Honey substitutes: maple syrup, golden syrup, molasses, rice syrup</p> <p>Sweeteners: any except polyols, table sugar (in moderation), caster sugar, icing sugar, brown sugar, raw sugar</p>	<p>Milk: lactose free, rice milk, soy milk based on soy protein (not whole soy beans – high in oligosaccharides)</p> <p>Cheese: “hard” cheeses, including brie, camembert, feta, haloumi</p> <p>Yoghurt: lactose free (need safe fruit flavours, no inulin)</p> <p>Ice cream substitutes: gelato, sorbet</p> <p>Butter</p>	<p>Vegetables: alfalfa, artichoke hearts (&lt; ¼ cup), bamboo shoots, bean shoots, beans (green), beetroot (2 slices), bok choy, broccoli (&lt; ½ cup), brussel sprouts (2 sprouts), cabbage (½ cup), carrot, celery (&lt; ½ medium stalk), capsicum, chives, choko, choy sum, corn (&lt; ½ cob), cucumber, eggplant, fennel bulb (&lt; ½ cup), ginger, lettuce, olives, okra, parsnip, peas green (½ cup), peas snow (5 pods), potato, pumpkin, radish, rocket, silverbeet, spring onion (green only), spinach, squash, swede, sweet potato (&lt; ½ cup), taro, tomato, turnip, water chestnut, witlof, yam, zucchini</p> <p>Onion/garlic substitutes: garlic infused oil, fresh and dried herbs and spices, chilli</p> <p>Wheats/Cereals: gluten free &amp; spelt bread (≤ 2 slices), cornflakes (&lt;1 cup), gluten free pasta/flours, rice, rice noodles, quinoa, tapioca, buckwheat, arrowroot, polenta, sago, millet, sorghum, oats (&lt; ½ dry)</p> <p>Fibres: chia seed, linseed, sunflower seeds, almond meal, psyllium, oat bran, rice bran, nuts and seeds</p>	<p>Fruits: bananas, blueberry, carambola, durian, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, paw paw, raspberry, rockmelon</p> <p>Sweeteners: sugar (sucrose), glucose, other artificial sweeteners not ending in “ol” e.g. equal, nutrasweet, sucralose, aspartame, saccharine, stevia</p>

Poor absorption of Fructose and Lactose only occur in **SOME PEOPLE**, and **CAN** be assessed via breath tests

Poor absorption of Oligosaccharides and Polyols occurs in **MOST PEOPLE**. These **CANNOT** be assessed via breath tests

## Other

Avoid excessive gassy/carbonated drinks

Alcohol can be an irritant to the gut, and FODMAPS are present in some wines/ciders. Limited intake advised

# How do I follow the low FODMAP Diet?

A strict **six week trial** of the low FODMAP diet is recommended initially.

*\*\*Please note that this is intended as a guide only.*

*Advice from a **dietician** with experience in this area is recommended\*\**



Restriction of lactose and/or excess fructose containing foods is not required if breath testing has been performed, and malabsorption is not present.



Remember to check **food labels** for evidence of FODMAPS  
 (e.g. fructose, pear fruit pieces, onion or garlic powder, corn syrup etc)



Review progress (ideally with dietician), with gradual re-introduction / rechallenge.  
 Many people can liberalise their diet with a restriction of  
 certain high FODMAP foods only.



Not everyone will respond to a low FODMAP diet.  
 Please consult your gastroenterologist to discuss  
 further investigations and/or treatment options

- **FODMAPS** stands for **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**ono-saccharides **A**nd **P**olyols. FODMAPS refers to a group of sugars which may be poorly absorbed, and in turn lead to symptoms of discomfort, bloating, excess passage of gas, and/or altered bowel habit (diarrhoea and/or constipation). Some FODMAPS are poorly absorbed in all people, although people with certain conditions such as irritable bowel syndrome may be more likely to experience symptoms due to a sensitive gut.
- **BREATH TESTING** can check for lactose, fructose and sorbitol malabsorption. Breath testing may help refine or liberalise the low FODMAP diet (e.g. no need to restrict lactose if breath test is normal). Your gastroenterologist will advise you whether breath testing is required. It is important to note that a normal lactose/fructose breath test **does not** mean that a dietary restriction trial is not worthwhile. In this case a modified low FODMAP diet (restricting oligosaccharides, polyols etc) would be recommended.
- **BALANCED DIET:** It is still important to maintain a balanced diet with good nutrition when on the low FODMAP diet. Aim to have foods from all five food groups, and in particular ensure sufficient fibre and calcium intake
- **MAINTAINING FLAVOUR:** A low FODMAP diet does not mean a flavourless diet! Flavouring options include: chilli, chives, garlic infused oil, ginger, golden syrup, fresh herbs, lemon and lime juice, maple syrup, salt and pepper, spices, spring onions (green part only)
- **PROTEIN SOURCES** includes meat, chicken, fish, egg, tofu, tempeh, quinoa, hard cheese
- **GLUTEN FREE DIET:** A strict lifelong gluten free diet is not necessary unless you have been diagnosed with coeliac disease
- **EATING OUT:** This can be a challenge, but try to stick to plain meat/fish/rice dishes. Look out also for gluten free pizza bases.
- **ADDITIONAL RESOURCES / RECIPES** can be found online (Monash University low FODMAP diet guide, Gastroenterological society of Australia [www.gesa.org.au](http://www.gesa.org.au), or specialist dietician groups e.g. [www.shepherdworks.com.au](http://www.shepherdworks.com.au)), as well as both on iPhone (App store) or Android phone (Google play)