

# TEN things you may NOT know about the low FODMAP diet but you should!



- Gluten free does not necessarily mean FODMAP friendly. Look for FODMAP offenders such as honey, apples, pear juice, onions and garlic ingredients.
- The green part of the spring onion (scallion), chives and asafetida powder (just a dash) add onion flavor without the FODMAPs.
- Sauté onion and garlic in oil NOT water to add flavor and then **discard** onion/garlic pieces prior to eating. The fructans in garlic and onion are water-soluble so will leach out into water-based cooking ingredients, but not OIL-based.
- Maple syrup is low in FODMAPs and a drizzle with add a bit of sweetness when you need it!
- Commercial broths often contain FODMAPs—make your own with carrots, salt, pepper, celery leaves.
- Inulin is often added to yogurt, cereals, and kefir and is a fructan, a source of FODMAPs. Again, read ingredients!
- FODMAPs are carbohydrates so oils {100% fat} are 100% FODMAP-free! {Still don't go overboard as fat can be an IBS trigger!}
- Fiber is important and many that go low FODMAP forget fiber! Add fiber with whole oats, oat bran, rice bran, quinoa, potato with skin, green beans, and kiwifruit!
- Medications, vitamins even digestive enzymes can contain FODMAP ingredients. READ labels.
- The Low FODMAP diet should be undertaken with the guide of a registered dietitian well versed in the diet guidelines. The diet should be followed for 6-8 weeks and at that time your dietitian will advise you what foods can be re-introduced!