

GUIDE TO FODMAP FOODS

The Low-FODMAP Diet can be helpful for people who are having trouble digesting short-chain carbohydrates. It's often used to manage irritable bowel syndrome (IBS) and other GI conditions. If you have been diagnosed with, or suspect that you have a GI condition, you should consult with your doctor and a nutritionist before making any changes to your diet.

FODMAPs stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols. These are different types of sugars and starches, or short-chain carbohydrates.

On this diet, foods are essentially broken down into low-FODMAP foods (which are okay to eat) and high-FODMAP foods (which are to be avoided). This is a short-term diet that should be followed for six weeks to give the gut a chance to rest and rebuild. After six weeks, you can try adding in one high-FODMAP food at a time.

	LOW-FODMAP FOODS (OKAY TO EAT)	HIGH-FODMAP FOODS (AVOID!)
VEGETABLES	Alfalfa, bamboo shoots, bok choy, cucumbers, carrots, celery, corn, kale, lettuce, leafy greens, potatoes, pumpkin, squash, spinach, tomatoes, yams, zucchini	Artichokes, asparagus, beets, bell peppers, cabbage, cauliflower, celery, fennel, eggplant, garlic, leeks, mushrooms, okra, onions, snow and snap peas, shallots, summer squash
DAIRY	Lactose-free dairy and yogurt, small amounts of hard cheeses	Any type of lactose-containing dairy, kefir, whey protein
PROTEIN	Almonds, beef, bison, chia seeds, chicken, cold cuts, duck, eggs, fish, flax seeds, lamb, pecans, pork, shellfish, turkey, venison, walnuts	All beans, cashews, lentils, peas, peanuts, pistachios, soybeans, soy product, sausage
GRAINS	Arrowroot, millet, oats, polenta, quinoa, rice, sorghum, tapioca	Barley, chicory root, farro, inulin, rye, spelt, wheat, wheat bran
FRUIT	Bananas, blueberries, cantaloupe, grapes, grapefruit, honeydew, kiwi, kumquat, lemon, lime, mandarin oranges, passion fruit, pineapple, rhubarb, raspberries, strawberries, tangerines	Apples, apricots, avocado, blackberries, boysenberries, canned fruit, cherries, dates, dried fruits, figs, guava, lychee, mango, nectarines, papaya, pineapple, peaches, pears, plums, persimmons, prunes, watermelon
CONDIMENTS/ OTHER	Bone broth, chives, mayonnaise, mustard, olive oil, pepper, salt, spices, vinegars	Agave, artificial sweeteners (such as sorbitol, mannitol, isomalt, xylitol), high-fructose corn syrup, honey, jams, jellies, maple syrup, molasses, pickles, processed foods, sugar, trans fats, relish, pesto, wine, alcohol