

Low-FODMAP Foods - Simplified

Enjoy

Vegetables: eggplant, green beans, bok choy, broccoli, carrot, cucumber, kale, lettuce, bell pepper, potato, tomato, zucchini, green of spring onion

Fruits: blueberries, cantaloupe, grapes, kiwi fruit, mandarin, orange, pineapple, raspberries, strawberries

Protein Foods: brie & camembert cheese, feta cheese, hard cheeses, lactose-free milk and yogurt, almond milk, soy beverage, tofu, tempeh, plain meats, poultry, seafood and fish, eggs

Nuts and Seeds: almonds (limit to 10), macadamia nuts, peanuts, pumpkin seeds, sunflower seeds, walnuts, chia seeds, flaxseed

Grains: oats, quinoa or corn pasta/flakes, rice, rice noodles, rice cakes, sourdough bread, wheat-, rye- or barley-free breads/pastas, most gluten-free breads

Sweets/sweeteners: dark chocolate, maple syrup, rice malt syrup, table sugar, stevia

Other non-listed foods (except for the ones in the Limit category below) are likely lower FODMAP and can be included during the Elimination Phase.



Limit

Vegetables: Onion, Garlic, Artichokes, Green Peas, Mushrooms, Cauliflower

Fruits: Apple, Pear, Dried Fruit, Stone/Pitted fruits (mango, cherry, peach etc.)

Beans/nuts: Kidney Beans, Split peas, Cashews, Pistachios

Dairy: (non- lactose-free) Milk, Yogurt, Soft Cheese, Ice cream

Grains and fibres: Wheat, Rye, Barley, Inulin, Chicory

Sweeteners: Honey, Agave, High Fructose Corn Syrup, Fruit Juice

Low Calorie sweeteners: Sorbitol, Erythritol, Xylitol, Mannitol, Isomalt



Protective Factors	Common non-FODMAP Irritants
<ul style="list-style-type: none"> Eating regularly in moderate amounts (no unusually large meals/snacks or skipping meals) Enough fibre (and type of fibre) Drinking enough fluids 	<ul style="list-style-type: none"> Caffeine Alcohol High fat foods Spicy foods Stress/anxiety

Low-FODMAP Elimination Diet Instructions

1. Elimination - do not eat any of the foods listed in the 'Limit' Category on page 1 for **2-6 weeks** depending on your symptoms. When you are sure your symptoms have improved with this phase, progress to the next step. If no symptom improvement by week 6, speak with your dietitian or other healthcare provider.

2. Re-introduction - Keep your diet the same as in step 1 but systematically add in 'Limit' foods 1 by 1. To start you can pick any food, most people start with a food they miss the most or have the hardest time limiting, beginning with a small portion, and increasing for 3 days, then back to step 1 diet for day 4 to catch any delayed reactions. During this process it is best to track your symptoms. You can then repeat this process for each food category.

3. Liberalization - Now that you know which foods bother you the most, you can create a more balanced diet for yourself with the foods that you know you can tolerate. This ensures that you have enough variety in your diet to be balanced, as staying in phase 1 long term is not recommended since it is not a nutritionally adequate diet.

Elimination Phase				2-6 Weeks
Day 1: Smallest portion	Day 2: Medium portion	Day 3: Full portion	Day 4: None	4 days x 5-6 categories
Liberalization				Long Term

Re-introduction Categories (examples)

Fructose Honey

Day 1: 1 ½ tsp, Day 2: 2 tsp, Day 3: 1 tbsp.

GOS (Galacto-oligosaccharides) Green Peas

Day 1: ⅛ cup (18g), Day 2: ¼ cup (36g), Day 3: ½ cup (72g).

Fructans Onion

Day 1: ⅛ onion (11g), Day 2: ¼ onion (22g), Day 3: ½ onion (44g).

Fructans (alternate) Wheat white bread

Day 1: 1 slice (26g), Day 2: 1 ½ slice (39g), Day 3: 2 slices (52g).

Polyols (Sorbitol) Apricot

Day 1: ½ an apricot, Day 2: 1 small, Day 3: 2 small.

Polyols (Mannitol) Cauliflower

Day 1: 2 small florets (17g), Day 2: 4 florets (33g), Day 3: 8 florets (66g).

Lactose Regular Cow's Milk

Day 1: ¼ cup, Day 2: ½ cup, Day 3: 1 cup.

Re-introduction Example Schedule

No particular order necessary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elimination Phase: 2-6 weeks						
Honey 1 ½ tsp	Honey 2 tsp	Honey 1 Tbsp	None	Peas ⅛ cup	Peas ¼ cup	Peas ½ cup
None	Milk ¼ cup	Milk ½ cup	Milk 1 cup	None	Bread 1 slice	Bread 1 ½ slice
Bread 2 slices	None	Apricot ½ one	Apricot one whole	Apricot 2 whole	None	
Liberalize Diet: Include tolerated foods in variety						

Track symptoms (bowel movements, gas, bloating, pain, etc.) throughout this process either on paper or in an app like: CDHF **MyIBS** App or Monash **FODMAP** App

If you have symptoms from any of these food challenges, wait for them to resolve and you feel better before starting the next food challenge. If your symptoms become intolerable at an earlier step than the 3rd dose, you can stop that food at that time and record it.

Recipes:

Monash Recipe Bank: www.monashfodmap.com/recipe/

Ignite Nutrition: www.ignitenutrition.ca/blog/category/healthy-easy-recipes/dietary-preference/low-fodmap-recipes/

Neal Glauser, RD: pinterest.com/nealglouserRD