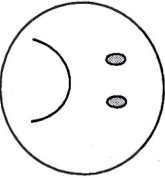
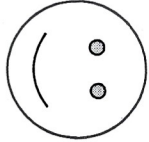


# FODMAPs Checklist

FODMAP=Fermentable Oligo-Di-Monosaccharides and Polyols)

FODMAPs	Lactose	Fructose	Fructans	Galactans	Polyols
<p><b>Caution:</b> Rich in FODMAPs</p> 	<p>Milk, evaporated milk, yogurt, ice cream, custard, and certain cheeses such as ricotta, cottage, and mascarpone</p>	<p>Fruits such as apples, pears, peaches, mangoes, and watermelon; coconut milk; coconut cream; dried fruits; and fruit juices</p> <p>Sweeteners such as agave and honey</p> <p>HFCS-based products such as BBQ sauce, ketchup, and pancake syrup</p> <p>Alcohol such as sherry and port wine</p> <p>Sodas with HFCS</p>	<p>Vegetables such as artichokes, asparagus, Brussels sprouts, broccoli, beetroot, cabbage, chicory, garlic, leeks, okra, onions, radicchio lettuce, shallots, and snow peas</p> <p>Grains such as wheat and rye</p> <p>Added fiber such as inulin and fructo-oligosaccharides; watch items such as probiotic supplements, granola bars, and frozen desserts</p> <p>Fruits such as watermelon</p>	<p>Chickpeas, lentils, kidney beans, and soy products</p> <p>Vegetables such as broccoli</p>	<p>Fruits such as apples, apricots, blackberries, cherries, nectarines, pears, peaches, plums, prunes, and watermelon</p> <p>Vegetables such as cauliflower, button mushrooms, and snow peas</p> <p>Sweeteners such as sorbitol, mannitol, xylitol, maltitol, and isomalt (sugar-free gums/mints, cough medicines/drops)</p>

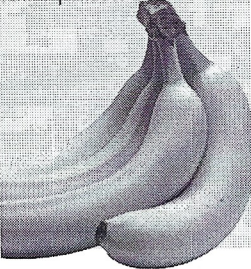
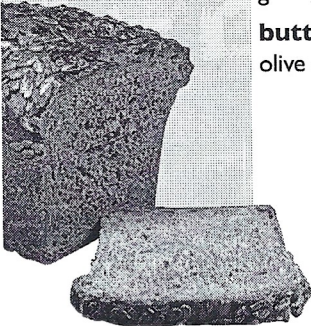
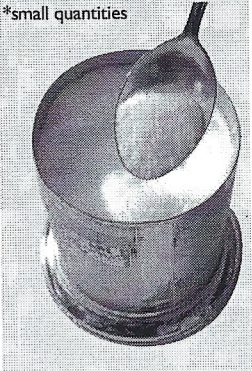
<b>FODMAP Friendly</b> 	<u>Lactose-free</u> milk, cottage cheese, ice cream, and sorbet; certain cheeses such as cheddar, Swiss, Parmesan, and mozzarella	<u>Fruits</u> such as ripe bananas, blueberries, grapefruit, grapes, honeydew, lemons, limes, passion fruit, raspberries, strawberries, and tangelos <u>Sweeteners</u> such as sugar and maple syrup	<u>Vegetables</u> such as bok choy, bean sprouts, bell peppers, butter lettuce, carrots, celery, chives, corn, eggplant, green beans, tomatoes, potatoes, and spinach Garlic-infused oil <u>Gluten-free*</u> breads/cereals, rice and corn pasta, rice cakes, and potato and tortilla chips	<u>Fruits</u> such as bananas, blueberries, grapefruit, grapes, honeydew, kiwi, lemons, limes, oranges, passion fruit, and raspberries <u>Sweeteners</u> such as sugar, glucose, and aspartame
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\* Examine ingredients on gluten-free breads and cereals to ensure other FODMAPs such as honey and agave are not present.

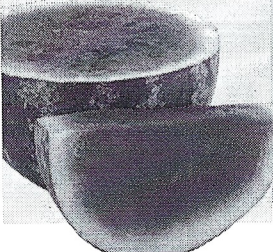
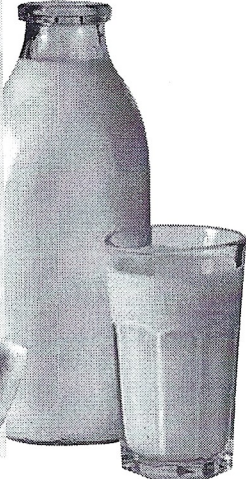
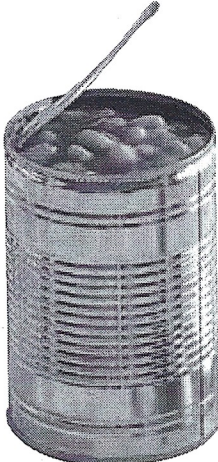
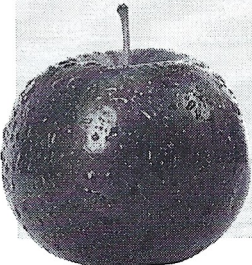
The FODMAPs in the diet are:

- Fructose (fruits, honey, high fructose corn syrup (HFCS), etc)
- Lactose (dairy)
- Fructans (wheat, onion, garlic, etc)(fructans are also known as inulin)
- Galactans (beans, lentils, legumes such as soy, etc)
- Polyols (sweeteners containing sorbitol, mannitol, xylitol, maltitol, stone fruits such as avocado, apricots, cherries, nectarines, peaches, plums, etc)

# Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
<p><b>fruit</b> banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo</p> <p>Note: if fruit is dried, eat in small quantities</p> 	<p><b>vegetables</b> alfalfa, artichoke, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, summer squash (yellow), swede, sweet potato, taro, tomato, turnip, yam, zucchini</p> <p><b>herbs</b> basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>	<p><b>cereals</b> gluten-free bread or cereal products</p> <p><b>bread</b> 100% spelt bread</p> <p><b>rice</b></p> <p><b>oats</b></p> <p><b>polenta</b></p> <p><b>other</b> arrowroot, millet, psyllium, quinoa, sorgum, tapioca</p> 	<p><b>milk</b> lactose-free milk, oat milk*, rice milk, soy milk* *check for additives</p> <p><b>cheeses</b> hard cheeses, and brie and camembert</p> <p><b>yoghurt</b> lactose-free varieties</p> <p><b>ice-cream substitutes</b> gelati, sorbet</p> <p><b>butter substitutes</b> olive oil</p>	<p><b>sweeteners</b> sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p><b>honey substitutes</b> golden syrup*, maple syrup*, molasses, treacle *small quantities</p> 

# Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
<p><b>fruit</b> apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p><b>sweeteners</b> fructose, high fructose corn syrup</p> <p><b>large total fructose dose</b> concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p><b>honey</b> corn syrup, fruisana</p> 	<p><b>milk</b> milk from cows, goats or sheep, custard, ice cream, yoghurt</p> <p><b>cheeses</b> soft unripened cheeses eg. cottage, cream, mascarpone, ricotta</p> 	<p><b>vegetables</b> asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion</p> <p><b>cereals</b> wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta</p> <p><b>fruit</b> custard apple, persimmon, watermelon</p> <p><b>miscellaneous</b> chicory, dandelion, inulin</p>	<p><b>legumes</b> baked beans, chickpeas, kidney beans, lentils</p> 	<p><b>fruit</b> apple, apricot, avocado, blackberry, cherry, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p><b>vegetables</b> cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p> <p><b>sweeteners</b> sorbitol (420) mannitol (421) isomalt (953) maltitol (965) xylitol (967)</p> 

## **The Low FODMAP Diet (FODMAP=Fermentable Oligo-Di-Monosaccharides and Polyols)**

FODMAPs are carbohydrates (sugars) that are found in foods. Not all carbohydrates are considered FODMAPs.

The FODMAPs in the diet are:

- Fructose (fruits, honey, high fructose corn syrup (HFCS), etc)
- Lactose (dairy)
- Fructans (wheat, onion, garlic, etc)(fructans are also known as inulin)
- Galactans (beans, lentils, legumes such as soy, etc)
- Polyols (sweeteners containing sorbitol, mannitol, xylitol, maltitol, stone fruits such as avocado, apricots, cherries, nectarines, peaches, plums, etc)

FODMAPs are osmotic (means they pull water into the intestinal tract), may not be digested or absorbed well and could be fermented upon by bacteria in the intestinal tract when eaten in excess.

Symptoms of gas, bloating, cramping and/or diarrhea may occur in those who could be sensitive to the effects of FODMAPs. A low FODMAP diet may help reduce symptoms, which will limit foods high in fructose, lactose, fructans, galactans and polyols.

The low FODMAP diet is often used in those with irritable bowel syndrome (IBS). The diet also has potential use in those with similar symptoms arising from other digestive disorders such as inflammatory bowel disease.

This diet will also limit fiber as some high fiber foods have also high amounts of FODMAPs. (Fiber is a component of complex carbohydrates that the body cannot digest, found in plant based foods such as beans, fruits, vegetables, whole grains, etc)

## Low FODMAP Food Choices

Food Group	Foods to Eat	Foods to Limit
<b>Meats, Poultry Fish, Eggs</b>	beef, chicken, canned tuna, eggs, egg whites, fish, lamb, pork, shellfish, turkey, cold cuts	foods made with high FODMAP fruit sauces or with HFCS
<b>Dairy</b>	lactose free dairy, small amounts of: cream cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss), mozzarella, sherbet	buttermilk, chocolate, cottage cheese, ice cream, creamy/cheesy sauces, milk (from cow, sheep or goat), sweetened condensed milk, evaporated milk, soft cheeses (brie, ricotta), sour cream, whipped cream, yogurt
<b>Meat, Non-Dairy Alternatives</b>	almond milk, rice milk, rice milk ice cream, nuts, nut butters, seeds	coconut milk, coconut cream, beans, black eyed peas, hummus, lentils, pistachios, soy products
<b>Grains</b>	<u>wheat free grains/wheat free flours (gluten free grains are wheat free):</u> bagels, breads, hot/cold cereals (corn flakes, cheerios, cream of rice, grits, oats, etc), crackers, noodles, pastas, quinoa, pancakes, pretzels, rice, tapioca, tortillas, waffles	chicory root, inulin, grains with HFCS or made from wheat ( <i>terms for wheat: einkorn, emmer, kamut, spelt</i> ), wheat flours ( <i>terms for wheat flour: bromated, durum, enriched, farina, graham, semolina, white flours</i> ), flour tortillas, rye
<b>Fruits</b>	bananas, berries, cantaloupe, grapes, grapefruit, honeydew, kiwi, kumquat, lemon, lime, mandarin, orange, passion fruit, pineapple, rhubarb, tangerine	avocado, apples, applesauce, apricots, dates, canned fruit, cherries, dried fruits, figs, guava, lychee, mango, nectarines, pears, papaya, peaches, plums, prunes, persimmon, watermelon
<b>Vegetables</b>	bamboo shoots, bell peppers, bok choy, cucumbers, carrots, celery, corn, eggplant, lettuce, leafy greens pumpkin, potatoes, squash, yams, (butternut, winter), tomatoes, zucchini	artichokes, asparagus, beets, leeks, broccoli, brussel sprouts, cabbage, cauliflower, fennel, green beans, mushrooms, okra, snow peas, summer squash
<b>Desserts</b>	any made with allowed foods	any with HFCS or made with foods to limit
<b>Beverages</b>	low FODMAP fruit/vegetable juices (limit to ½ cup at a time), coffee, tea	any with HFCS, high FODMAP fruit/vegetable juices, fortified wines (sherry, port)
<b>Seasonings, Condiments</b>	most spices and herbs, homemade broth, butter, chives, flaxseed, garlic flavored oil, garlic powder, olives, margarine, mayonnaise, onion powder, olive oil, pepper, salt, sugar, maple syrup without HFCS, mustard, low FODMAP salad dressings, soy sauce, marinara sauce (small amounts), vinegar, balsamic vinegar	HFCS, agave, chutneys, coconut, garlic, honey, jams, jellies, molasses, onions, pickle, relish, high FODMAP fruit/vegetable sauces, salad dressings made with high FODMAPs, artificial sweeteners: sorbitol, mannitol, isomalt, xylitol (cough drops, gums, mints)

### Tips for a low FODMAP diet:

- Follow the diet for 6 weeks. After this, add high FODMAP foods one at a time back into the diet in small amounts to identify foods that could be "triggers" to your symptoms. Limit foods that trigger your symptoms.
- Read food labels. Avoid foods made with high FODMAPs such as high FODMAP fruits, HFCS, honey, inulin, wheat, soy, etc. However, a food could be an overall low FODMAP food if a high FODMAP food listed as the last ingredient.
- Buy gluten free grains as they are wheat free. However, you do not need to follow a 100% gluten free diet as the focus is on FODMAPs, not gluten. Look for gluten free grains made with low FODMAPs, such as potato, quinoa, rice or corn. Avoid gluten free grains made with high FODMAPs.
- Limit serving sizes for low FODMAP fruits/vegetables and high fiber/low FODMAP foods such as quinoa to a  $\frac{1}{2}$  cup per meal ( $\frac{1}{2}$  cup=size of a tennis ball) if you have symptoms after eating these foods. The symptoms could be related to eating large amounts of low FODMAPs or fiber all at once.

### Low FODMAP Meals and Snack Ideas

1. gluten free waffle with walnuts, blueberries, maple syrup without HFCS
2. eggs scrambled with spinach, bell peppers and cheddar cheese
3. oatmeal topped with sliced banana, almonds and brown sugar
4. fruit smoothie blended with lactose free vanilla yogurt and strawberries
5. rice pasta with chicken, tomatoes, spinach topped with pesto sauce
6. chicken salad mixed with chicken, lettuce, bell peppers, cucumbers, tomatoes, balsamic vinegar salad dressing
7. turkey wrap with gluten free tortilla, sliced turkey, lettuce, tomato, slice of cheddar cheese slice, mayonnaise, mustard
8. ham and swiss cheese sandwich on gluten free bread, with mayonnaise, mustard
9. quesadilla with corn or gluten free tortilla and cheddar cheese
10. beef and vegetable stew (made with homemade broth, beef, allowed vegetables)

### Resources:

"Evidence Based Dietary Management of Functional Gastrointestinal Symptoms: The FODMAP Approach" Journal of Gastroenterology and Hepatology February 2010

"Clinical Ramifications of Malabsorption of Fructose and Other Short Chain Carbohydrates" Nutrition Issues in Gastroenterology (in Journal of Practical Gastroenterology) August 2007

Prepared For:		Date:	
Prepared By:		Contact:	

## Gluten-Free Nutrition Therapy

- You have sensitivity to gluten, which are proteins found in wheat, barley, and rye. *should not have*
- Gluten-free nutrition therapy will allow your intestine to heal.
- It also will help prevent complications like bone disease that can happen if celiac disease goes untreated.

### Oats *→ can eat*

- In the past, oats were believed to be harmful to persons with celiac disease.
- If you would like to eat gluten-free oats, you should discuss their use with your physician and dietitian.
- Manufacturers of gluten-free oats include Cream Hill Estates, Only Oats, Gluten-Free Oats, Bob's Red Mill, and Gifts of Nature.

### Foods Recommended

The following are examples of the many grains and plant foods that you can safely eat:

- Amaranth
- Arrowroot
- Buckwheat
- Cassava (manioc)
- Corn
- Flax
- Indian rice grass (Montina)
- Job's tears
- Legumes (dry beans, peas, lentils) *pork + beans*
- Millet
- Finger millet (Ragi)
- Nuts
- Potatoes
- Quinoa
- Rice
- Sago
- Seeds *- sunflower*
- Sorghum
- Soy *- tofu edamame*
- Tapioca *100 calorie pack*
- Tef (or teff)
- Wild rice
- Yucca

*Two  
Gluten free  
breads:  
- Ezekiel  
(frozen)  
- Udi's*

You may not be familiar with some of these grains and plant foods. However, they are used in gluten-free foods, and you will often find them in food ingredient lists for gluten-free products.

## Foods Not Recommended

Do not eat any foods containing any of the following ingredients:

- Wheat (all types, including einkorn, emmer, spelt, and kamut)
- Barley
- Rye
- Malt
- Oats (unless they are gluten-free)

These ingredients are found in many food products, including flours, bread products, pasta, breakfast cereals, cakes, and cookies.

## Gluten-Free Sample 1-Day Menu

<b>Breakfast</b>	2 cups rice cereal 1/2 cup orange juice 1 cup low-fat milk
<b>Lunch</b>	2 oz taco meat, seasoned with chili powder 2 corn taco shells 1 cup lettuce 1/2 cup diced tomato 2 tablespoons shredded cheese 1 apple 1 cup low-fat milk
<b>Afternoon Snack</b>	1 oz string cheese 3 cups plain microwave popcorn
<b>Evening Meal</b>	2 oz chicken, stir-fried 1 cup vegetables, stir-fried 1 teaspoon oil 1/2 cup plain brown rice 1/2 cup mandarin oranges 1 cup water
<b>Evening Snack</b>	1/2 cup vanilla ice cream 2 tablespoons plain peanuts

## Notes