Low-FODMAP Diet

For irritable bowel syndrome (IBS), bloating, and gas

FODMAPs are types of carbohydrates that are poorly absorbed and can cause bloating, gas, abdominal pain, and diarrhea in sensitive people. A low-FODMAP diet removes high-FODMAP foods for a short trial — usually 2 to 6 weeks — and then adds them back one group at a time to find your personal triggers. Ask our office before staying on the strict phase longer than advised.

Foods at a Glance

Food Group	Limit — High FODMAP | Enjoy — Low FODMAP
Fruits	Limit: apple, mango, pear, nashi pear, watermelon, apricot, avocado, blackberry, cherry, lychee, nectarine, peach, plum, prune; canned fruit in natural juice; dried fruit; large servings of fruit or fruit juice. Enjoy: banana, blueberry, boysenberry, cantaloupe, cranberry, durian, grapes, grapefruit, honeydew melon, kiwi, lemon, lime, mandarin, orange, passionfruit, papaya, raspberry, rhubarb, rockmelon, strawberry, tangelo.
Vegetables	Limit: asparagus, beetroot, broccoli, Brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all kinds), shallots; mushroom, sweet corn, green bell pepper. Enjoy: alfalfa and bean sprouts, bamboo shoots, bok choy, carrot, celery, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red bell pepper, spinach, chard (silver beet), yellow squash, rutabaga (swede), sweet potato, taro, tomato, turnip, yam, zucchini.
Grains & Starches	Limit: wheat and rye in large amounts (bread, crackers, cookies, couscous, pasta); foods with chicory root or inulin added. Enjoy: gluten-free bread and cereal products, 100% spelt bread, rice, oats, polenta, arrowroot, millet, psyllium, quinoa, sorghum, tapioca.
Dairy & Alternatives	Limit: regular cow, goat, or sheep milk; custard; ice cream; regular yogurt; soft unripened cheeses (cottage, cream cheese, mascarpone, ricotta). Enjoy: lactose-free milk and yogurt; oat, rice, or soy milk (check the label for additives); hard cheeses, brie, and camembert; sorbet and gelato; butter and olive oil.
Sweeteners	Limit: fructose, high-fructose corn syrup, corn syrup, honey; sugar alcohols — sorbitol, mannitol, isomalt, maltitol, xylitol (sweeteners ending in "-ol"). Enjoy (small amounts): regular sugar (sucrose), glucose, sweeteners not ending in "-ol"; golden syrup, maple syrup, molasses.

Tips

- Read labels — onion, garlic, honey, and sugar alcohols hide in sauces, soups, and "sugar-free" products.
- Low-FODMAP is not the same as gluten-free, although many wheat foods are limited because of fructans.
- Portion size matters: a small serving of a high-FODMAP food may be fine. When in doubt, ask us.