








# 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, 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, squash, 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*</p> <p>*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>tofu</b></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</p> <p>*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> artichoke, 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, pistachio</p>	<p><b>legumes</b> baked beans, chickpeas, kidney beans, lentils, soy beans</p> 	<p><b>fruit</b> apple, apricot, avocado, blackberry, cherry, longon, 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> 

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)

## **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)

### **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

# Irritable Bowel Syndrome (IBS): Brief Version

## What is irritable bowel syndrome?

Irritable bowel syndrome is a problem of the large intestine (colon). IBS can be very painful. But it does not lead to death.

## What is the cause?

We don't know why IBS happens. Most of the symptoms of IBS come from painful muscle contraction (spasm) of the lower part of the colon. Sometimes it slows down bowel movements and causes constipation. It may also speed up bowel movements and cause diarrhea. For some people some foods may cause attacks of IBS. Stress can also bring on symptoms of IBS.

## What are the symptoms?

You may:

- Have very painful cramping and pain in the abdomen.
- Be constipated or have diarrhea.
- Have a lot of gas.

Other things to watch for are:

- bloating
- a feeling of fullness in the rectum.

You may have these symptoms after you've eaten a big meal or when you are under stress. You may feel better after you have a bowel movement.

## How is it diagnosed?

Your health care provider will take your medical history. He or she will check your abdomen and do an exam of your rectum. There is no test for IBS. IBS is usually diagnosed from the history of symptoms. But your provider may need to do these tests to look for other causes of your symptoms:

- blood tests
- tests of your bowel movement to check for blood and infection
- an exam of the inside of your colon with a thin, flexible, lighted tube
- an x-ray taken after a special liquid is put into your rectum.

If these tests do not find any other problems, you likely have IBS. Your health care provider may ask you not to drink milk or foods made from milk. Sometimes milk causes IBS symptoms.

## How is it treated?

Doctors have not yet found a cure for IBS. However, it helps to:

- Eat the right foods. Talk to your health care provider about whether you should eat more high-fiber foods or eat fewer high-fiber foods. Eat several small meals a day. Do not eat foods, like cabbage, that make gas.
- Keep a food diary. You may find that when you eat some kinds of food, you feel worse. When you learn what these foods are, you can avoid them.
- Find ways to lower stress in your life. Think about what causes stress for you. Get help for managing the stress in your life. Try different ways to take care of stress.
- Take the medicines your health care provider says will help. You may need medicines that give your body more fiber, or drugs to help prevent spasms or relieve stress.

## How long will it take to feel better?

You may have symptoms from time to time your whole life. There is no cure yet. But you can do many things to feel better. IBS does not turn into something worse.

## How can I take care of myself?

Here's what you can do:

- Follow your health care provider's advice.
- Find ways to lower stress in your life. It can help to talk to a counselor.
- Drink plenty of water.
- Do not drink alcohol. It can make your symptoms worse.
- Choose your food with care. If you see that a food brings on your symptoms every time you eat it, stay away from it.
- Ask your health care provider about eating foods with high fiber. If you get constipated often, it may help to eat high-fiber foods. Here are some foods high in fiber: whole-grain breads and cereals fruits, like apricots, blackberries, coconut, dates, figs, kiwi, peaches, pears, pineapple, prunes, raspberries, and strawberries nuts vegetables, like Brussels sprouts, corn and popcorn, broccoli, and parsley beans and lentils.
- Ask your health care provider about using medicines that give your body extra fiber.
- Eat smaller meals more often. For example, eat 6 small meals a day rather than 3 large ones.
- See your health care provider if your symptoms are getting worse or you are having them more often.

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