

FODMAPS

FERMENTABLE OLIGOSACCHARIDES, DISACCHARIDES, MONOSACCHARIDES, AND POLYOLS



WHAT ARE FODMAPS?

FODMAPs are carbohydrates that are poorly absorbed and readily fermented by gut bacteria, producing gas. In some individuals, they can contribute to symptoms such as bloating, abdominal pain, excessive gas, diarrhea, constipation, and nausea. Significant symptoms after consuming high-FODMAP foods may suggest an underlying digestive disorder such as dysbiosis, small intestinal bacterial overgrowth (SIBO), intestinal methanogen overgrowth (IMO), fructose malabsorption, or lactose intolerance.

A low-FODMAP diet may be used as a short-term tool to help evaluate the likelihood of SIBO, IMO, and other digestive disorders. Because many high-FODMAP foods support a healthy gut microbiome, a strict low-FODMAP diet is generally not recommended long term.



COMMON SYMPTOMS

Bloating



Gas



Abdominal Pain



Diarrhea



Constipation



Nausea



CONDITIONS ASSOCIATED WITH FODMAP INTOLERANCE

SIBO



Small Intestinal Bacterial Overgrowth

IMO



Intestinal Methanogen Overgrowth

Dysbiosis



Imbalance of Gut Bacteria

Lactose intolerance



Difficulty digesting lactose (milk sugar)

Fructose Malabsorption



Difficulty absorbing glucose (fruit sugar)

HIGH FODMAP FOODS (increased fermentation)



VEGETABLES

Artichoke, asparagus, cauliflower, garlic, green peas, beans, lentils, mushrooms, onion, sugar snap peas, seaweed, beet, brussels sprouts, cabbage, fennel, leek, shallots, sweet corn, celery (unless 1/3 of stalk or less)



FRUITS

Apples, apple juice, cherries, dried fruit, nectarines, peaches, pears, plums, watermelon, mango, canned fruit, blackberry, lychee, nashi



DAIRY & ALTERNATIVES

Cow/animal milk, custard, evaporated milk, ice cream, soy milk (made from whole soybeans), sweetened condensed milk, yoghurt, soft unprizened cheese (cottage, cream, mascarpone, ricotta)



PROTEIN SOURCES

Most legumes/pulses, some marinated meats/poultry/seafood, some processed meats



BREADS & CEREAL PRODUCTS

Wheat/rybarley, most breakfast cereals, biscuits and snap seeds



SUGARS, SWEETENERS & CONFECTIONERY

High fructose corn syrup, honey, sugar free confectionery, isomalt, sugar alcohols (leisorbitol, mannitol, maltitol, xylitol)



NUTS & SEEDS

Cashews, pistachios



ALCOHOL

Dessert wines like sherry, port, and ice wines (these have high amounts of fructose), ciders



LOW FODMAP FOODS (amount consumed matters)



HEALTHY FATS AND PROTEINS



VEGETABLES:

watercress, arugula, bamboo shoots, bok choy, carrots, celery, chard/Swiss chard, chervil, chive cabbage, chives, cilantro, cucumbers, daikon radishes (ok in limited amount), escarole, greens (beet greens, dillard, dellen, kale, mustard, turnip, etc.). lettuce, microgreens, peppers, sea vegetables, sprouts, squash (delicata, spaghetti, yellow, zucchini, etc.). turnips, water chestnuts, bell pepper, parsnips (moderate amounts), bean shoots, broccoli (1/2 cup, heads/floretes are lower and stems are higher), ginger, olives, tomato, chives



FIBER: ground flax seed, quinoa, berries, nuts/seeds



FRUITS:

Cantaloupe (3/4 cup or 120g), kiwi fruit (green), mandarin, orange, grapefruit, pineapple, strawberries (5 medium), blueberry, boysenberry, cranberry, raspberry, honeydew melon, lemon, lime



DAIRY AND ALTERNATIVES:

Coconut milk, oat milk, almond milk, hard cheeses, feta cheese, lactose-free milk, soy milk (made from soy protein), lactose free yoghurt



PROTEIN SOURCES:

Eggs, firm tofu, plain cooked meats/poultry/seafood, tempeh



BREADS AND CEREAL PRODUCTS:

Gluten free breads in moderation (franz 7 grain gluten free bread is a tastier option), oats (1/2 cup), quinoa, rice cakes (plain), polenta, psyllium, sorghum, tapioca, sourdough spelt bread



LOW FODMAP FOODS

(amount consumed matters)



SWEETENERS:

Maple syrup (the best), coconut sugar, rice malt syrup, dark chocolate



NUTS AND SEEDS:

Almonds, macadamias, peanuts, pumpkin seeds, walnuts



ALCOHOL (IN MODERATION):

- White, red, and sparkling wines are generally low FODMAP at 1 glass (150 ml) per sitting.
- Beer is generally low FODMAP at 1 can (375 ml) per sitting.
- Gin, vodka, whisky, tequila, and brandy are low FODMAP in servings of 1 shot (30 ml) per sitting (beware premixed often have fruit juice which is high FODMAP)



OTHER:

- salt
- pepper
- all oils
- all green herbs



BITTERS:

Eat bitter foods prior to meals. These include chamomile, dandelion greens, arugula, radish greens, grapefruit, turmeric, mustard greens or a digestive bitters supplement.



LOW FODMAP MEAL IDEAS



STIR-FRIES

Use low FODMAP vegetables, lean proteins, and gluten-free sauces.



RED CURRIES

Red curries are generally safe.



QUICHE

Using milk alternatives and aged cheese.



OMELETS

Using vegetables, herbs, and aged cheese.



BAKED CHICKEN BREASTS

With roasted veggies (carrots, zucchini, broccoli).



BAKED SALMON

With lemon and cilantro, served with brown rice and vegetables.





CHICKEN FINGERS RECIPE



INGREDIENTS

- 1lb chicken tenders or 2 breasts, beaten and cut into tenders
- 3/4 cup almond meal/flour
- 2 eggs
- 1 tsp mixture of basil, oregano, rosemary and thyme (Italian seasoning)
- 1 tbsp. oil
- Salt and pepper to taste
- Optional: cayenne pepper



INSTRUCTIONS

- 1 Preheat oven at 425 degrees and bake almond flour on a cookie sheet for about 5 minutes. Lightly browning the almond flour helps the bread be crispier.
- 2 Check the flour at 2 ½ minutes and shake it around to brown evenly.
- 3 Beat the eggs in a large bowl. Put chicken tenders in the egg mixture, and let them soak while you make baking.
- 4 Combine the almond flour and seasonings.
- 5 Put oil on cookie sheet. Coat chicken tenders with egg mixture and coat with almond mixture. Place on cookie sheet.
- 6 Cook for 20 minutes and flip halfway through (should be golden brown).



Toast almond flour



Beat eggs



Coat chicken in egg



Almond flour + seasonings



Coat and place on sheet



Bake & flip halfway