



The GFP Low FODMAP Diet

Have you been diagnosed with IBS? Have you tried going on a gluten-free diet due to celiac disease or a gluten-sensitivity, but you're still having GI issues such as abdominal pain and bloating, constipation, and/or diarrhea?

If so, a trial of a low FODMAP diet, in conjunction with a gluten-free diet, may be of great benefit to you!

FODMAP stands for Fermentable, Oligosaccharide, Disaccharides, Monosaccharides, and Polyols. FODMAPs are fermentable carbohydrates found in a variety of foods, including some dairy products (lactose), certain fruits and vegetables, grains such as wheat and rye (fructans), beans, some soy products, and certain sweeteners such as honey, agave, and sugar alcohols (polyols).

For reasons that are not fully understood at this time, some individuals have more difficulty than others digesting and absorbing some or all of these fermentable carbohydrates. Researchers at Monash University in Australia have found that a low FODMAP diet is effective in providing relief from GI symptoms - including gas, bloating, abdominal pain, diarrhea, and/or constipation - in 3 out of 4 individuals.

FODMAP Elimination Phase

To determine whether FODMAPs are causing you GI discomfort, try eliminating all FODMAP foods from your diet for at least a few weeks (Elimination Phase). Then, by gradually and systematically reintroducing foods from each FODMAP category (Re-introduction Phase) and closely monitoring how you feel, you can identify the specific FODMAP culprits. GlutenFreedomProject.com provides instructions, menus, recipes, product suggestions, a food journal and resources to help guide you through both the FODMAP elimination and re-introduction process.

- Follow a low FODMAP diet for a minimum of two to three weeks. Pick a time period to start when you will be able to follow the diet closely, and will be able to buy and prepare most, if not all, of your food.
- Use the **GFP Menu Planner** to create a menu based on your preferences and foods to avoid. Review the meals/snacks and recipes that populate the menu planner and look for the FODMAP icon next to ingredients. Click on the FODMAP icon for low FODMAP substitution ideas and simply replace the high FODMAP food with a low FODMAP substitution that you would enjoy. You can print out the menu for the week and note your substitution choices on the printout.

Ingredients:

- 1 C. broccoli
- 2 C. mushrooms FODMAP
- 2 g.f. english muffins
- 1 Tbsp. dijon mustard
- 2 green onions FODMAP
- 4 slices monterey jack cheese
- 1 Tbsp. salsa FODMAP

- When you print out your grocery list, notice the high FODMAP icons and use your choices from the menu planner and recipe printouts to adjust your list with your substitutions. It is also helpful to take a copy of the FODMAP Substitution List included in this document with you to the grocery store and if dining out to have a quick reference.
- Print out copies of the FODMAP Diet Journal included in this document and during the Elimination and Re-introduction phases keep a careful record of what you eat and how you feel afterwards. This will be important for figuring out what foods you can and can not tolerate.
- Although it is possible to dine out while following a strict low FODMAP diet, it will be difficult, especially since garlic and onions, two commonly problematic FODMAP foods, are in so many recipes. For those times when you must eat out, refer to the article on GlutenFreedomProject.com, *Dining Out on a Low FODMAP Diet*. In-addition, just as you should always keep a stash of gluten-free snacks with you for emergencies, it's always a good idea to keep a selection of low FODMAP snacks with you for those times there is simply nothing suitable to eat when you are out at a restaurant. Refer to the article, *Low FODMAP Recipes & Snacks*.
- Just like you would on a gluten-free diet, become a label sleuth and make sure to read the list of ingredients on everything you are considering eating. Even if you think you know what's in a product, be sure and read labels, because manufacturers frequently change ingredients in products.
- Keeping a positive attitude on the low FODMAP diet will help you tremendously! Although it's normal to "mourn" favorite foods that are restricted on your low FODMAP diet trial, keep in mind that there are still many delicious foods you can eat on your low FODMAP diet. Once your trial has ended and you start to re-introduce FODMAP foods in your diet, you may find you are able to tolerate some of them again, at least in small amounts.

FODMAP Re-introduction or "Challenge" Phase

If you notice improvement in your GI symptoms after following the low FODMAP elimination diet for at least 2-3 weeks, the next step is to gradually re-introduce high FODMAP foods to see which ones you may or may not be able to tolerate over the long run. Although most people are ready to try re-introducing high FODMAP foods in to their diet after 2-3 weeks, there's no need to rush in to the challenge phase if you don't feel like you're ready yet! You may want to hold off if...

- You are feeling really good for the first time in a long time, and not wanting to rush things.
- You are not really sure if the low FODMAP diet has helped alleviate IBS symptoms
- Travel, vacation, illness, etc. has gotten in the way of you being able to stick with a strict low FODMAP diet for at least two to three weeks.

Many people find the re-introduction/challenge phase to be more difficult to follow than the elimination phase. If you need help or support, consult with a registered dietitian or qualified healthcare professional that specializes in the low FODMAP diet. They will help you make sure your diet has enough variety and is meeting your nutritional needs, as well as fits in to your lifestyle. Check GlutenFreedomProject.com for a list of FODMAP experts who can assist you.

Replace these high FODMAP foods:

Beverages

Chamomile or Fennel Tea, Cocoa (powder), Instant Coffee, Fruit Juice, Milk, Soy Milk
Alcohol: Sherry, port wine, rum

Dairy

Cheese: Cottage Cheese, Cream Cheese, Mascarpone, Ricotta Cheese
Milk: Buttermilk, Evaporated Milk, Milk (cow, goat or sheep)
Other Dairy: Cream, Custard, Ice Cream, Sour Cream, Yogurt

Fruits

Apples, Apricots, Avocados, Blackberries, Boysenberries, Cherries (> 3), Dried Fruit, Figs, Grapefruit, Mango, Nectarines, Peaches, Pears, Persimmons, Plums, Prunes, Watermelon

Grains

Barley, Rye, Wheat

Legumes/Nuts

Legumes: Kidney Beans, Soybeans, Split Peas
Nuts & Seeds: Cashews, Pistachios

Other

Flavorings: Carob, Garlic Powder, Onion Powder, Chicory Root/Inulin, FOS

Sweeteners

Agave, Honey, High Fructose Corn Syrup (HFCS), Isomalt, Mannitol, Sorbitol, Xylitol

Vegetables

Artichokes, Asparagus, Cabbage, Cauliflower, Celery, Garlic, Leeks, Mushrooms, Okra, Onions, Pumpkin, Shallots, Snow Peas, Sugar Snap Peas

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With these low FODMAP foods:

Beverages

Cranberry Juice, Black Tea, Espresso, Green Tea, Lactose-Free Milk, Peppermint Tea
Alcohol: Beer, Champagne, Gin, Vodka, Whiskey, Wine (except sweet)
(Limit to 1 drink since alcohol can be a GI irritant.)

Dairy

Cheese: Camembert, Cheddar, Colby, Feta, Havarti, Mozzarella, Parmesan, Swiss Milk & **Other Dairy:** Lactose Free: (Milk, Yogurt, Ice Cream, Yogurt)

Fruits

Unless otherwise noted, limit all fruit to 1 serving/meal
Avocado (limit to 1/8), Banana, Blueberries, Cantaloupe, Clementines, Coconut (1/2 C), Dragon Fruit, Grapes, Honeydew, Kiwi, Lemon, Lime, Orange, Papaya, Passion Fruit, Pineapple, Raspberries, Rhubarb, Star Fruit, Strawberries, Tangelo, Tangerine

Grains

Gluten-Free: Whole Grains, Breads, Chips, Crackers, Pastas, etc. made with Corn, Rice, Quinoa, Oats (1/4 C. dry)

Legumes/Nuts

Legumes: Chickpeas (1/4 C), Lentils (1/4 C), Butter Beans (1/4 C), Lima Beans (1/4 C), Tofu (Firm), Tempeh, Green Peas (1/2 C)
Nuts & Seeds: Almonds (10 nuts), Chia Seeds, Hazelnuts (10 nuts), Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Walnuts

Other

Flavorings: Black Pepper, Fish Sauce, Ginger Root, Most Herbs & Spices, Mustard, Salt, Soy Sauce, Vinegar (Limit Balsamic to 1 Tbsp)
Eggs, Meat, Oils (including garlic oil), Seafood, all allowed

Sweeteners

Brown Sugar, Cane Sugar, Maple Syrup, Powdered Sugar, Rice Syrup

Vegetables

Arugula, Bamboo Shoots, Bok Choy, Bean Sprouts, Beets (2 slices), Bell Peppers, Broccoli (1/2 C), Brussels Sprouts (1/2 C), Butternut Squash (1/4 C), Celeriac, Chicory Leaves, Cabbage, Carrots, Celery (1/4 stalk), Chives, Corn (1/2 cob), Cucumber, Eggplant, Endive, Fennel, Green Beans, Okra, Kale, Lettuce, Potato, Parsnip, Radish, Scallions (Green Part), Savoy Cabbage (1/2 C), Spinach, Sweet Potato (1/2 C), Swiss Chard, Tomato, Turnip, Water Chestnuts, Zucchini

- Expect to take approximately 6 or more weeks on the re-introduction phase.
- Continue to keep a journal of everything you eat and drink, plus any symptoms (or lack of symptoms) you experience during the re-introduction phase. Use the chart below and re-introduce **one new high FODMAP food at a time** within a single FODMAP food group (Lactose, Fructose, Polyols, etc.). Eat this food at least a couple times in a single day. For example, on day 1 of your re-introduction phase, you might introduce a serving of cottage cheese at breakfast and dinner. Record on your food journal any symptoms, or lack of symptoms. **MAKE A LIST OF THOSE FODMAP FOODS THAT YOU DON'T TOLERATE.**
- If you experience uncomfortable symptoms after eating a food, place the name of that food on a list as an item that causes symptoms. Wait for symptoms to subside before introducing a new food from that group or try the same food at a lower quantity.
- Wait at least 24 hours before introducing another new food from the same FODMAP category (e.g. "Lactose"). For example, on day 2, you might try a different cheese or dairy product.
- Systematically add back all the foods from each FODMAP food group before moving to another group. **If you have celiac disease or non-celiac gluten sensitivity, do NOT re-introduce wheat, barley or rye.**
- If there is a particular food you are missing the most, you may want to start with that food/food group first. If you had suspected any particular foods to be causing a lot of GI distress PRIOR to starting the low FODMAP diet, you may want to hold off on those foods/food groups until the later stages of the challenge phase.

High FODMAP Food Groups

Lactose

Cheese

Cottage Cheese
 Cream Cheese
 Mascarpone Cheese
 Ricotta Cheese

Milk

Buttermilk
 Evaporated Milk
 Milk (cow, goat or sheep)

Other Dairy

Cream
 Custard
 Ice Cream
 Sour Cream
 Yogurt

Fructose

Fruits

Apples
 Boysenberries
 Cherries (> 3)
 Mango
 Pears
 Watermelon

Sweeteners

Agave
 High Fructose
 Corn Syrup
 Honey
 Rum

Vegetables

Artichokes
 Asparagus
 Brussel Sprouts (> 1/2 C)
 Sugar Snap Peas (> 1/3 C)

Oligosaccharides - Fructans & Galactans (GOS)

Beverages

Chamomile Tea
 Cocoa
 Fennel Tea
 Instant Coffee
 Soy Milk

Grains*

Barley
 Rye
 Wheat

Fruit

Apples
 Apricots
 Dried fruit
 Figs
 Grapefruit
 Nectarines
 Peaches
 Persimmons
 Watermelon

Legumes

Beans
 Carob
 Chickpeas (> ¼ C)
 Lentils (> ¼ C)
 Soybeans

Nuts

Cashews
 Pistachios

Sweeteners

Inulin

Vegetables

Artichokes
 Cabbage
 Garlic
 Leeks
 Onion
 Shallot

Polyols

Fruits

Apples
 Apricots
 Avocados
 Blackberries
 Nectarines
 Peaches
 Pears
 Plums
 Prunes
 Watermelon

Sweeteners

Isomalt
 Malitol
 Mannitol
 Sorbitol
 Xylitol

Vegetables

Cauliflower
 Celery
 Mushrooms
 Pumpkin
 Snow Peas
 Sweet Corn
 Sweet Potato (> ½ C)

Note: Some foods occur in more than one high FODMAP category.

* If you have celiac disease or non-celiac gluten sensitivity, do NOT re-introduce these gluten-containing grains.

Frequently Asked Questions

Can I continue to take my meds & supplements while on the GFP low FODMAP diet?

Never discontinue any prescription medications without the consent of your physician. It's a good idea to read labels or consult with the drug manufacturer to see if your medication contains any FODMAP ingredients, and speak with your physician about making an appropriate substitution if possible. If you are taking any over-the-counter medications or supplements, including fiber and probiotics, read labels, and if they contain any FODMAP ingredients, you may consider discontinuing them during the elimination phase. Speak with your physician, pharmacist, or dietitian before stopping them and ask about a substitution.

Is the low FODMAP diet automatically gluten-free?

This is a common question, and the answer is, no. Although wheat is to be avoided during the elimination phase of the low FODMAP diet, it is because it is high in fructans, a carbohydrate in wheat, as opposed to gluten, which is found in wheat protein. If you haven't been diagnosed with celiac disease, or don't have non-celiac gluten sensitivity, you may still consume other gluten containing foods during the elimination phase including soy sauce, and regular (not labeled gluten-free or certified gluten-free) oats. Additionally, when you start the re-introduction/challenge phase of the diet, you may find you are able to tolerate wheat or small amounts of wheat, barley, rye, and other grains with fructans in them, but only if you do not need to be on a strict, life long, gluten-free diet. Keep in mind that all the menus, recipes, meals/snacks and products included on GlutenFreedomProject.com are gluten-free.

How come there isn't an extensive list of meats, fat, and oils that are high/low FODMAP foods?

FODMAPs are only found in carbohydrate containing foods. Meat, poultry, seafood, fats, and oils don't contain any FODMAPs, so all are allowed during the elimination phase of the diet. An exception to this, of course, is for processed foods. Always read labels to see if an item is allowed on the diet.

Why are some cheeses and milk products allowed on the low FODMAP diet, while others aren't?

Dairy can be confusing for people following the low FODMAP diet, since some dairy products tend to be well tolerated, while others are not. Since it is the lactose (milk sugar) that is problematic from a FODMAP point of view, milk products that are low in lactose or lactose-free (i.e. hard cheeses such as Parmesan and cheddar, Kiefer, lactose-free milk and other lactose-free products) are allowed on the elimination portion of the diet. Also, as they progress through the reintroduction/challenge phase of the diet, many people will find that they are able to tolerate small portions of regular milk, and other higher lactose products. If you find even low lactose products to be problematic, then you may have a sensitivity to dairy as opposed to a lactose intolerance, and you may want to consult with a dietitian, physician, or qualified healthcare provider trained in food sensitivity testing.

I found several products at the grocery store that I want to try while I'm on the elimination phase of the low FODMAP diet, but I can't find some of the ingredients listed on either the high or low FODMAP food list. Please help!

If you were to do all of your cooking from scratch, you would probably find the elimination phase of the low FODMAP diet very easy to do! And, while you are encouraged to cook most of your meals using whole, unprocessed foods, it is understandable, in this busy day and age, that you will want to use some mini-

mally processed, pre-packaged foods while you are following the low FODMAP diet. While many foods/ ingredients have been tested for their FODMAP content, not all have, which is why you won't see every possible ingredient listed here, or on any FODMAP list. Your best bet is to avoid the ingredient in question during the elimination phase.

I've been following a gluten-free diet for several months, and a low FODMAP diet for over 1 month now, but I'm still dealing with a lot of GI issues. Is there help for me?

If you've been (strictly) gluten-free for several months and have experienced little to no improvement on the low FODMAP diet after one month, it's possible that your GI symptoms are being triggered by something other than (or in addition to) gluten and FODMAP containing foods. It's recommended that you consult with your physician to rule out any other GI complications, and if none are noted, you may have a non-IgE mediated sensitivity or allergy to certain foods.

How can I make sure I am getting enough fiber on the low FODMAP diet?

The general recommendations for fiber are as follows: women 25 grams/day (age 50 and younger), 21 grams/day (51+) and men 38 grams/day (age 50 and younger), 30 grams/day (51+). The FODMAP diet does eliminate many sources of fiber during the elimination phase, but it is still possible to get adequate fiber by including adequate servings of fruits, vegetables, whole grains, and nuts. If you think you are not getting enough fiber in your diet, especially after the elimination phase is completed, consult with a dietitian who can help you with meal planning, or suggest a possible fiber supplement if necessary.

What's the deal with soy products? Some are low FODMAP and some are high FODMAP. It's just as confusing to me as dairy!

Soy is definitely another confusing food for many people following a low FODMAP diet! Soybeans and soy products may contain oligosaccharides, but the amount varies based upon the type of soy product. Also, since oligosaccharides are water soluble, any processing method where the product is soaked and the water is drained away (such as making tofu) will result in a lower FODMAP product. In general, tofu, tempeh, soy sauce (make sure it is gluten-free if you need to be on a strict gluten-free diet), soy lecithin, and soy oil are all low in FODMAPs and can be consumed during the elimination phase. You should wait for the re-introduction phase before trying soy beans (edamame), silken tofu, soy milk, or other soy products.

Some foods on the allowed low FODMAP list have specific serving sizes listed, but many don't. How much food should I be consuming at each meal?

In general, if you have IBS, it is recommended that you consume smaller, more frequent meals over the course of the day, as opposed to a few larger meals, because GI symptoms can be triggered by large amounts of food. In general, serving sizes are as follows (based on My Plate Guidelines):

- Fruit:** 1 small whole fruit or 1 cup cut up fresh or frozen fruit
- Vegetable:** 1 cup cooked or raw vegetables, 2 cups raw leafy green
- Whole Grains:** ½ cup cooked whole grains, pasta, or hot cereal, 1 slice bread, 1 cup ready-to-eat cereal;
- Protein:** 1/2 ounce nuts or seeds, 1 tablespoon nut or seed butter, 1 egg, ¼ cup tofu, 1 ounce meat or seafood
- Dairy:** 1 cup milk or yogurt, 1 ½ ounces hard cheese; Oil 1 teaspoon.

Your overall number of servings each day will depend on your age, gender, and activity level, but, a rough estimate is as following:

Fruit:	1 ½-2 cups
Vegetables:	2 1/2-3 cups
Whole Grains:	6-8 servings
Protein:	5-6 ½ servings
Dairy:	3 servings
Oils:	5-7 teaspoons

Note: These serving sizes are not “one size fits all” and do not apply if you are on a specialized diet such as a Mediterranean, vegan, or paleo diet, or have other food intolerances/allergies/sensitivities. For help planning a nutritious and well-balanced specialized diet, it is recommended you consult with a dietitian or other qualified healthcare professional that specializes in gluten-free and low FODMAP diets.

My friend is on a low FODMAP diet and was told she can eat sourdough bread. It’s my favorite! Can I eat it too?

Ahh...The million dollar question! Sourdough bread seems to be a favorite for many people, and it’s true that levels of FODMAPs, specifically fructans, are reduced during the fermentation process. Therefore some traditionally-fermented sourdough breads, especially those made from lower FODMAP flours such as spelt and oats, may be allowed on the low FODMAP diet. However, sourdough bread made from higher FODMAP grains, such as wheat and rye, are still not allowed during the elimination phase of the diet. Of course, if you are following a strict gluten-free diet as well, no spelt or non-certified gluten-free oats should be consumed at all!

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