

Low FODMAP Diet

Dr Sue Shepherd developed the low **FODMAP** diet in 1999. She has proven, through her pioneering PhD research, that limiting dietary **FODMAPs** is an effective treatment for people with symptoms of IBS. The low **FODMAP** diet has been published in international medical journals and is now accepted and recommended as one of the most effective dietary therapies for IBS.

FODMAPs are found in the foods we eat. **FODMAPs** is an acronym (abbreviation) referring to **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**onosaccharides and **P**olyols. These are complex names for a collection of molecules found in food, that can be poorly absorbed by some people. When the molecules are poorly absorbed in the small intestine of the digestive tract, these molecules then continue along their journey along the digestive tract, arriving at the large intestine, where they act as a food source to the bacteria that live there normally. The bacteria then digest/ferment these **FODMAPs** and can cause symptoms of Irritable Bowel Syndrome (IBS). Symptoms of Irritable Bowel Syndrome include abdominal bloating and distension, excess wind (flatulence), abdominal pain, nausea, changes in bowel habits (diarrhoea, constipation, or a combination of both), and other gastro-intestinal symptoms.

What are the FODMAPs?

FODMAPs are found in the foods we eat. **FODMAPs** is an acronym for

Fermentable

Oligosaccharides (eg. Fructans and Galacto-oligosaccharides (GOS))

Disaccharides (eg. Lactose)

Monosaccharides (eg. excess Fructose)

and

Polyols (eg. Sorbitol, Mannitol, Maltitol, Xylitol and Isomalt)

Where are FODMAPs found?

A few examples of food sources for each of the **FODMAPs** are listed below. The list is not complete. New data has been obtained regarding the **FODMAP** content of foods. As a result, there have been some changes from previous food lists. Below is a list containing up-to-date information. The dietitians at Shepherd Works can provide you with an up to date list of the full list of foods during a consultation.

- **Excess Fructose:** Honey, Apples, Mango, Pear, Watermelon, High Fructose Corn Syrup,
- **Fructans:** Artichokes (Globe), Artichokes(Jerusalem), Garlic (in large amounts), Leek, Onion (brown, white, Spanish, onion powder), Spring Onion (white part), Shallots, Wheat (in large amounts), Rye (in large amounts), Barley (in large amounts), Inulin, Fructo-oligosaccharides.
- **Lactose:** Milk, icecream, custard, dairy desserts, condensed and evaporated milk, milk powder, yoghurt, soft unripened cheeses (eg. ricotta, cottage, cream, marscarpone).
- **Galacto-Oligosaccharides (GOS):** Legume beans (eg. baked beans, kidney beans, bortolotti beans), Lentils, Chickpeas
- **Polyols:** Apples, Apricots, Avocado, Cherries, Nectarines, Pears, Plums, Prunes, Mushrooms, sorbitol (420), mannitol (421), xylitol (967), maltitol (965) and isomalt (953).

What can I eat on a low FODMAP diet?

The Low **FODMAP** diet has two phases. The first phase generally involves a strict restriction of all high **FODMAP** foods. This phase should be followed for 6-8 weeks only, then an expert dietitian should be consulted for a review appointment to learn the second phase. The second phase is where the diet is liberalised to suit each individual – where the type and amount of **FODMAPs** are identified so that the longer term diet can be established. It is recommended that you consult with an experienced dietitian for both phases of the low **FODMAP** diet as each phase involves many dietary changes.

High FODMAP foods (things to avoid / reduce)

Vegetables and Legumes

<ul style="list-style-type: none">• Garlic – avoid entirely if possible• Onions – avoid entirely if possible• Artichoke• Asparagus• Baked beans• Beetroot• Black beans• Black eyed peas• Broad beans• Butter beans• Cassava• Cauliflower• Celery – greater than 5cm of stalk• Cho cho• Choko• Falafel	<ul style="list-style-type: none">• Haricot beans• Kidney beans• Lima beans• Leek bulb• Mange Tout• Mushrooms• Peas, snow and sugar snap• Red kidney beans• Savoy Cabbage• Soy beans / soya beans• Split peas• Scallions / spring onions (bulb / white part)• Shallots• Taro
--	---

Fruit – fruits can contain high fructose

<ul style="list-style-type: none">• Apples• Apricots• Avocado• Blackberries• Boysenberry• Cherries• Currants• Custard apple• Dates• Feijoa• Figs• Goji berries• Grapefruit• Lychee• Mango	<ul style="list-style-type: none">• Nectarines• Paw paw, dried• Peaches• Pears• Persimmon• Pineapple, dried• Plums• Pomegranate• Prunes• Raisins• Sultanas• Tamarillo• Tinned fruit in apple / pear juice• Watermelon
---	--

Meats, Poultry and Meat Substitutes

<ul style="list-style-type: none"> • Chorizo • Sausages 	<ul style="list-style-type: none"> • Processed meat – check ingredients
---	--

Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes

<ul style="list-style-type: none"> • Wheat containing products (be sure to check labels): <ul style="list-style-type: none"> ○ Biscuits including chocolate chip biscuits ○ Bread, wheat ○ Breadcrumbs ○ Cakes ○ Cereal bar, wheat based ○ Croissants ○ Crumpets ○ Egg noodles ○ Muffins ○ Pastries ○ Pasta made from wheat ○ Udon noodles ○ Wheat bran ○ Wheat cereals ○ Wheat flour ○ Wheat noodles ○ Wheat rolls ○ Wheatgerm 	<ul style="list-style-type: none"> • Almond meal • Amaranth flour • Barley including flour • Bran cereals • Bread, multigrain • Bread, naan, roti • Bread, oatmeal • Bread, pumpernickel • Bread, sourdough with kamut • Cashews • Cereal ba • Cous cous • Einkorn flour • Freekeh • Gnocchi • Granola bar • Muesli cereal • Muesli bar • Pistachios • Rye • Rye crispbread • Semolina • Spelt flour
---	---

Condiments, Dips, Sweets, Sweeteners and Spreads

<ul style="list-style-type: none"> • Agave • Caviar dip • Fructose • Fruit bar • Gravy, if it contains onion • High fructose corn syrup (HFCS) • Hummus / houmous • Honey • Jam, mixed berries • Jam, strawberry, if contains HFCS • Pesto sauce • Quince paste • Relish / vegetable pickle 	<ul style="list-style-type: none"> • Stock cubes • Sugar free sweets containing polyols – usually ending in -ol or isomalt • Inulin • Isomalt • Maltitol • Mannitol • Sorbitol • Xylitol • Tahini paste • Tzatziki dip
--	--

Prebiotic Foods

<ul style="list-style-type: none">• The follow items can be added to yoghurts, snack bars etc:<ul style="list-style-type: none">○ FOS – fructooligosaccharides○ Inulin○ Oligofructose	
---	--

Drinks

<ul style="list-style-type: none">• Beer – if drinking more than one bottle• Coconut water• Cordial, apple and raspberry with 50-100% real juice• Cordial, orange with 25-50% real juice• Dandelion tea• Fruit and herbal teas with apple added• Fruit juices in large quantities• Fruit juices made of apple, pear, mango• Orange juice in quantities over 100ml• Rum• Sodas containing High Fructose Corn Syrup (HFCS)	<ul style="list-style-type: none">• Soy milk made with soy beans – commonly found in USA• Sports drinks• Tea, black with added soy milk• Tea, chai, strong• Tea, dandelion, strong• Tea, fennel• Tea, chamomile• Tea, herbal, strong• Tea, oolong• Wine – if drinking more than one glass
--	--

Dairy Foods

<ul style="list-style-type: none">• Buttermilk• Cheese, cream• Cheese, Halmoumi• Cheese, ricotta• Cream• Custard• Gelato	<ul style="list-style-type: none">• Ice cream• Kefir• Milk – cow, goat and sheep• Milk, evaporated• Milk, rice• Sour cream• Yoghurt – including greek yogurt
--	--

Cooking ingredients

<ul style="list-style-type: none">• Carob powder	
--	--

Low FODMAP foods (good to eat food)

Vegetables and Legumes

<ul style="list-style-type: none"> • Alfalfa • Bamboo shoots • Bean sprouts • Bok choy / pak choi • Broccoli – 1/2 cup • Brussel sprouts – 1 serving of 2 sprouts • Butternut squash – 1/4 cup • Cabbage, common and red • Callaloo • Carrots • Celeriac • Celery – less than 5cm of stalk • Chicory leaves • Chick peas – 1/4 cup • Chilli – if tolerable • Chives • Choy sum • Collard greens • Corn / sweet corn – if tolerable and only in small amounts – 1/2 cob • Courgette • Cucumber • Eggplant / aubergine • Fennel • Green beans • Green pepper / green bell pepper / green capsicum • Ginger • Kale • 	<ul style="list-style-type: none"> • Leek leaves • Lentils – in small amounts • Lettuce: butter, iceberg, radicchio, red coral, rocket • Marrow • Okra • Olives • Parsnip • Potato • Pumpkin • Pumpkin, canned – 1/4 cup, 2.2 oz • Radish • Red peppers / red bell pepper / red capsicum • Scallions / spring onions (green part) • Seaweed / nori • Silverbeet / chard • Spaghetti squash • Spinach, baby • Squash • Sun-dried tomatoes – 4 pieces • Swede • Swiss chard • Sweet potato – 1/2 cup • Tomato – canned, cherry, common, roma • Turnip • Water chestnuts • Yam • Zucchini
---	---

Fruit

<ul style="list-style-type: none"> • Ackee • Bananas • Blueberries • Breadfruit • Carambola • Cantaloupe • Cranberry • Clementine • Dragon fruit • Grapes • Honeydew and Galia melons • Kiwifruit • Lemon including lemon juice 	<ul style="list-style-type: none"> • Lime including lime juice • Mandarin • Orange • Passion fruit • Paw paw • Papaya • Pineapple • Raspberry • Rhubarb • Strawberry • Tamarind • Tangelo
--	---

Meats, Poultry and Meat Substitutes

<ul style="list-style-type: none"> • Beef • Chicken • Kangaroo • Lamb • Pork 	<ul style="list-style-type: none"> • Prosciutto • Quorn, mince • Turkey • Cold cuts / deli meat / cold meats such as ham and turkey breast
---	--

Fish and Seafood

<ul style="list-style-type: none"> • Canned tuna • Fresh fish e.g. <ul style="list-style-type: none"> ◦ Cod ◦ Haddock ◦ Plaice ◦ Salmon ◦ Trout ◦ Tuna 	<ul style="list-style-type: none"> • Seafood (ensuring nothing else is added) e.g. <ul style="list-style-type: none"> ◦ Crab ◦ Lobster ◦ Mussels ◦ Oysters ◦ Prawns ◦ Shrimp
---	--

Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes

<ul style="list-style-type: none"> • Wheat free breads • Gluten free breads • Bread made from oats, rice, corn, spelt and potato flours • Wheat free or gluten free pasta • Almonds – max of 15 • Biscuit, savoury • Biscuit, shortbread – 1 only • Brazil nuts • Bran, oat and rice • Bulgur / bourghal – 1/4 cup cooked, 44g serving • Buckwheat • Buckwheat flour • Buckwheat noodles • Brown rice / whole grain rice • Chestnuts • Chips, plain / potato crisps, plain • Cornflour / maize • Crispbread • Corncakes • Cornflakes – 1/2 cup • Coconut – milk, cream, flesh • Corn tortillas, 3 tortillas • Crackers, plain • Hazelnuts – max of 15 • Macadamia nuts • Millet 	<ul style="list-style-type: none"> • Oatcakes • Peanuts • Pecans – max of 15 • Pine nuts – max of 15 • Polenta • Popcorn • Porridge and oat based cereals • Potato flour • Pretzels • Quinoa • Rice, basmati • Rice, brown • Rice, white • Rice bran • Rice cakes • Rice crackers • Rice flakes • Rice flour • Rice Krispies • Rice noodles • Seeds, chia • Seeds, egusi • Seeds, poppy • Seeds, pumpkin • Seeds, sesame • Seeds, sunflower • Sourdough • Starch, maize, potato and tapioca
---	---

<ul style="list-style-type: none"> • Mixed nuts • Oatmeal, 1/2 cup • Oats 	<ul style="list-style-type: none"> • Sorghum • Tortilla chips / corn chips • Walnuts
--	---

Condiments, Dips, Sweets, Sweeteners and Spreads

<ul style="list-style-type: none"> • Aspartame • Acesulfame K • Barbecue sauce • Capers in vinegar • Capers, salted • Chocolate, dark • Chocolate, milk – 3 squares • Chocolate, white, 3 squares • Chutney, 1 tablespoon • Fish sauce • Garlic infused oil • Golden syrup • Glucose • Jam / jelly, strawberry • Ketchup (USA) – 1 sachet • Maple syrup • Marmalade • Mayonnaise – ensuring no garlic or onion in ingredients • Miso paste 	<ul style="list-style-type: none"> • Mustard • sauce • Pesto sauce – less than 1 tbsp • Peanut butter • Rice malt syrup • Saccharine • Shrimp paste • Soy sauce • Stevia • Sweet and sour sauce • Sucralose • Sugar – also called sucrose • Tamarind paste • Tomato sauce (outside USA) – 2 sachets, 13g • Vegemite • Vinegar, balsamic – less than 2 tbsp • Vinegar, rice wine • Wasabi • Worcestershire sauce
---	--

Drinks

<ul style="list-style-type: none"> • Alcohol – is an irritant to the gut, limited intake advised: • Beer – limited to one drink • Clear spirits such as Vodka • Gin • Whiskey • Wine – limited to one drink • Coffee, espresso, regular or decaffeinated, black • Coffee, espresso, regular or decaffeinated, with up to 250ml lactose free milk • Coffee, instant, regular or decaffeinated, black • Coffee, instant, regular or decaffeinated, with up to 250ml lactose free milk • Drinking chocolate powder • Espresso, regular, black • Fruit juice, 125ml and safe fruits only • Lemonade – in low quantities • Malted chocolate powder e.g. Milo, 	<ul style="list-style-type: none"> • Protein supplement • Soya milk made with soy protein • Sugar free fizzy drinks / soft drinks / soda – such as diet coke, in low quantities as aspartame and acesulfame k can be irritants • ‘Sugar’ fizzy drinks / soft drinks / soda that do not contain HFCS such as lemonade, cola. Limit intake due to these drinks being generally unhealthy and can cause gut irritation • Tea, black, weak e.g. PG Tips • Tea, chai, weak • Tea, fruit and herbal, weak – ensure no apple added • Tea, green • Tea, peppermint • Tea, white • Water
---	--

Horlicks – 3 tsp	•
------------------	---

Dairy Foods and Eggs

<ul style="list-style-type: none"> • Butter • Cheese, brie • Cheese, camembert • Cheese, cheddar • Cheese, cottage • Cheese, feta • Cheese, goat / chevre • Cheese, mozzarella • Cheese, ricotta – 2 tablespoons • Cheese, swiss • Dairy free chocolate pudding • Eggs • Margarine 	<ul style="list-style-type: none"> • Milk, almond • Milk, hemp • Milk, lactose free • Milk, oat – 30 ml, enough for cereal • Parmesan cheese • Sorbet • Soy protein (avoid soya beans) • Swiss cheese • Tempeh • Tofu • Whipped cream • Yoghurt, lactose free
---	---

Cooking ingredients, Herbs and Spices

<ul style="list-style-type: none"> • Herbs: Basil, Cilantro, Coriander, Curry leaves, Fenugreek, Gotukala, Lemongrass, Mint, Oregano, Pandan, Parsley, Rampa, Rosemary, Tarragon, Thyme • Spices: All spice, Black pepper, Cardamon, Chilli powder, Cinnamon, Cloves, Cumin, Curry powder, Fennel seeds, Five spice, Goraka, Mustard seeds, Nutmeg, Paprika, Saffron, Star anise, Turmeric • Oils: avocado oil, canola oil, coconut oil, olive oil, peanut oil, rice bran oil, sesame oil, sunflower oil, vegetable oil 	<ul style="list-style-type: none"> • Asafoetida powder – great onion substitute • Baking powder • Baking soda • Cacao powder • Cocoa powder • Cream, 1/2 cup • Gelatine • Ghee • Icing sugar • Lard • Salt
--	---