



The Low FODMAP diet for Vegetarians

The Low FODMAP diet is designed to help relieve some symptoms associated with Irritable Bowel Syndrome (IBS). FODMAPS are not the cause of IBS, and a number of factors may trigger symptoms, but limiting or avoiding certain foods high in FODMAPS may help to manage or reduce the symptoms.

What are FODMAPS?

FODMAPS are a group of short-chain carbohydrates found in foods, which in some people are poorly absorbed from the small bowel, or not absorbed at all, so that they pass further down into the large bowel. They then cause extra fluid to be drawn into the bowel and are rapidly fermented by gut bacteria to generate gas, causing the bowel to distend. In people with IBS, this distension can cause symptoms such as excessive wind, bloating, and abdominal pain, and can trigger reflexes that cause the bowel to move quickly (resulting in urgent, loose stools) or to slow down (resulting in constipation).

Where are FODMAPS found?

FODMAPS are found mostly in fruits, vegetables, legumes and some grain products. Examples of foods high and low in FODMAPS are listed below:

Food Category	High FODMAP Food	Low FODMAP Food
Vegetables	Asparagus, artichokes, onions, leek, garlic, beetroot, mushrooms	Bean sprouts, green beans, bok choy, broccoli, capsicum, carrot, celery, chives, corn, cucumber, eggplant, lettuce, spinach, squash, swedes, sweet potato, potato, turnips, olives, parsnip, zucchini
Fruits	Apples, apricots, pears, mango, watermelon, nectarines, peaches, plums, avocado, prunes,	Banana, blueberries, grapefruit, grapes, kiwifruit, honeydew melon, passionfruit, paw paw, rockmelon, strawberries, tomatoes
Milk and Dairy	Cows milk, yoghurt, soft cheeses, cream, custard, ice-cream	Lactose-free milk, lactose-free yoghurts, hard cheese, dairy alternatives: soy milk, oat milk, coconut milk, almond milk
Vegetarian Protein Sources	Legumes (baked beans, kidney beans chickpeas, lentils etc)	Tofu, egg, tempeh
Grains	Wheat, rye and barley and foods made from these including most breads, cereals, pasta, noodles and cracker biscuits.	Gluten-free bread, sourdough spelt bread, oats, gluten-free pasta, rice, quinoa, amaranth, millet, polenta, buckwheat



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Prepared by the National Vegetarian Interest Group

This information has been independently reviewed by the Dietitians Association of Australia. For expert nutrition and dietary advice contact an Accredited Practising Dietitian (APD). Visit 'Find an Accredited Practising Dietitian' at www.daa.asn.au or call 1800 812 942.

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How do I use the low FODMAP diet

If you have IBS you may benefit from a trial of the Low-FODMAP Diet. This involves strict avoidance of all high FODMAP foods for an initial 6-8 week period. If your symptoms improve during this elimination diet it is likely that FODMAPs are a problem for you and the next step is to undertake a “challenge” process to help pinpoint which individual FODMAPs are causing your symptoms. Once you have identified which FODMAP(s) trigger your symptoms, you can gradually reintroduce foods and determine how much of each FODMAP you can tolerate. It is recommended that you do the FODMAP diet elimination and challenge under the supervision of an Accredited Practising Dietitian.

What can I eat on a low FODMAP diet?

A low FODMAP diet can be more challenging for vegetarians, as many foods commonly eaten on a vegetarian diet are high in FODMAPs, including legumes and many grains, fruits and vegetables. If you find you have difficulties tolerating legumes, some extra planning will be needed to ensure other sources of protein are consumed regularly to meet your daily protein needs. Unlike whole soybeans, soy products such as tofu and tempeh are lower in FODMAPs so can be good alternatives.

Tips for ensuring an adequate protein intake:

- Include higher protein grains regularly, such as quinoa, amaranth and buckwheat.
- If legumes are not well tolerated include more tofu and tempeh. Some legumes, e.g. canned brown lentils, may be better tolerated than others.
- If you eat dairy include lactose free milk, yoghurt and cheese in your diet
- If you don't consume dairy, choose a lower FODMAP soymilk fortified with calcium and vitamin B12.
- If you eat eggs, include these regularly.
- Eat nuts and seeds daily as snacks or nut and seed spreads such as peanut butter.

For more details including vegetarian and vegan meal plans and recipes get a copy of the Food Intolerance Management Plan by Sue Shepherd & Peter Gibson. See <http://shepherdworks.com.au/product/food-intolerance-management-plan/>

'This information is provided for education purposes and does not constitute DAA endorsement of a particular branded product or service'. There may be additional products/services that are also appropriate choices'.



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