

Low FODMAP Diet

➤ What are FODMAPS?

FODMAPS are poorly absorbed carbohydrates in the small intestine and fermented by bacteria to produce gas which have the potential to cause symptoms such as bloating, abdominal cramps, flatulence, diarrhoea &/or constipation.

➤ What does FODMAP stand for?

F - Fermentable

O - Oligosaccharide (fructans and galacto-oligosaccharides)

D - Disaccharides (lactose)

M - Monosaccharides (fructose)

And

P - Polyols (sorbitol, xylitol, mannitol)

➤ Why do I need a low FODMAP diet?

Reducing the above carbohydrates may reduce some symptoms like bloating, abdominal cramps, flatulence, diarrhoea or constipation.

Below are lists of foods which will need to be avoided. It is advised to follow the low FODMAP diet for a period of 2-6 weeks followed by review by the dietitian. Your Dietitian will discuss the process with you.

The dietitian will ensure that your diet remains balanced and is nutritionally adequate while following the low FODMAP diet.

1) Foods containing FRUCTANS &/or GALACTANS

| | | |
|--------------------|---|--|
| All Legumes | Baked beans Black eye beans Borlotti beans Butter beans Chickpeas (>1/4 cup) | Four bean mix Kidney beans Lentils (>1/4 cup) Soya beans Split peas Yellow beans |
| Fruit | Apple Apricot Avocado Custard Apple Goji berries Grapes Grapefruit Mango | Nashi pear Nectarine Peach Persimmon Pomegranate Rambutan Sultanas Watermelon |

| | | |
|----------------------------|---|---|
| Vegetables | Artichokes Beetroot Butternut pumpkin Cabbage Cauliflower Cassava Choko Corn Garlic Leeks (white part) | Mushroom Onion Shallot Snow peas Spanish onion Spring onion (white part) Sweet corn Taro |
| Bread/Cereal/Snacks | Wheat based bread, cereal, pasta, noodles, dry and sweet biscuits, cakes, pastries, gnocchi, cous cous (wheat bran) Rye & Barley as a major ingredient | |
| Inulin | Some yoghurts (Vaalia) Up & Go liquid breakfast drinks | |
| Other | Chicory (used as a coffee substitute) – Ecco® and Caro® Onion powder (<i>check seasonings/flavourings in soups, sauces, stocks, gravies, chips, crisps, rice cakes/crackers</i>) | Cashews & Pistachios Oat milk, Rice Milk Soy milk from whole soy beans Dip: Hummus |

2) Foods containing LACTOSE

| | |
|------------------------------|---|
| Dairy or alternatives | Milk (cows, sheep, goat) Yoghurt Ice cream Custard Soft cheese (ricotta, cottage, cream) Kefir |
|------------------------------|---|

3) Foods which contain high amounts of FRUCTOSE

| | | |
|-------------------|---|--|
| Fruit | Apple Cherries Figs Dried fruit/Fruit bars Mango Nashi pears | Pears Sultana Tamarillo Tin Fruit Watermelon |
| Vegetables | Asparagus Artichokes Sugar Snap Peas | |

| | | |
|---------------|---|---|
| Drinks | Fortified & sweet wines (sherry, port), rum Fruit juice | High fructose corn syrup (fizzy drinks, Japanese iced teas, pancake syrups) |
| Other | Fruit paste & sauces with <i>High Fructose Corn Syrup</i> e.g. tomato paste, chutney, relish, plum sauce, sweet and sour, BBQ sauce | Honey |

4) Food containing POLYOLS

| | | |
|------------------------------|---|--|
| Fruit | Apples Apricots Avocado (>1/4 whole) Blackberries Lychees Nectarines | Nashi pears Peaches Pears Plums Prunes Watermelon |
| Vegetables | Broccoli (>2/3 cup) Cauliflower Celery (> 12 cm) Mushrooms | Sweet corn Sweet potato Snow peas |
| Artificial sweeteners | sorbitol (420), mannitol (421), maltitol (965), isomalt (953), xylitol (967) | e.g. Sugar free mints, chewing gum & confectionary |
| Drinks | Beer | |

Foods to Include

| FRUITS: Limit to 2 pieces per day | |
|--|--------------|
| Banana | Lime |
| Blueberry | Mandarin |
| Cantaloupe | Orange |
| Carambola/Starfruit | Passionfruit |
| Dragonfruit | Pawpaw |
| Durian | Pineapple |
| Grapes | Raspberry |
| Grapefruit | Rhubarb |
| Honeydew melon | Rockmelon |
| Kiwi fruit | Strawberry |
| Lemon | Tangelo |
| Tip: | |
| <ul style="list-style-type: none"> • Be careful of fruit juices as they are very concentrated, only have 1/3 of a glass in one sitting. • Limit fruit to one serve per sitting if you have fructose malabsorption (diagnosed). | |

VEGETABLES: Limit to 5 serves per day

| | |
|---------------------------|--------------------------------|
| Alfalfa | Green beans |
| Baby spinach | Kale |
| Bamboo shoot | Lettuce |
| Bean Shoot/ sprouts | Okra |
| Bok choy | Olives |
| Brussel sprouts | Parsnip |
| Carrot | Potato |
| Celery (1/2 medium stalk) | Pumpkin |
| Capsicum | Silverbeet |
| Chives | Spring onion (green part only) |
| Choko | Squash |
| Choy sum | Sweet potato |
| Collard greens | Tomato |
| Chilli (red/green) | Green Beans |
| Chives | Broccoli (<2/3 cup) |
| Cucumber | Endive |
| Egg plant | Spinach |
| Endive leaves | Swede |
| Fennel | Turnip |
| Gai Lan | Zucchini |
| Ginger | |

SPREADS

| | |
|---------------|-----------|
| Golden syrup | Marmalade |
| Maple syrup | Vegemite |
| Peanut Butter | |

MILK PRODUCTS

| |
|---|
| Butter |
| Hard/formed/ripened cheese – Brie, Camembert, Cottage, Feta, Mozzarella, Parmesan, Tasty, Cheddar, Swiss, Jarlsberg, |
| Lactose free milk & yoghurt |
| Rice milk |
| Sorbet |
| Soy milk (from soy protein) |
| Tip: |
| <ul style="list-style-type: none">• Try Jalna, Gippsland or Liddells yoghurt (inulin free).• Add Lacteeze tablet to regular milk and yoghurt – this will break down the lactose so you will be able to tolerate these foods.• When choosing rice and soy milk make sure it has added calcium up to 120mg/100ml.• |

MEAT & MEAT ALTERNATIVES

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|--------------------|
| Chickpeas <1/4 cup |
| Meat/Fish/Poultry |
| Quorn |
| Nuts |
| Plain Tofu |
| Plain Tempeh |

| BREAD & CEREAL | |
|--------------------------------|-------------------------------------|
| Cornflakes | Spelt sourdough bread and Certified |
| Gluten free bread/cereal/pasta | bread e.g. Bodhi's Bakehouse |
| Oats | Spelt, Morpeth Spelt Sourdough, |
| Polenta | Naturis wholemeal spelt bread, |
| Quinoa | Naturis Wholemeal Spelt Chia and |
| Rice bubbles | Sunflower Seeds Bread |
| | Tortillas (corn) |

| OTHER |
|--|
| Coconut cream and milk |
| Equal and Splenda |
| Massel 7s stock cubes (<i>Regular</i> Massel stock cubes are <i>not</i> onion free) |
| Oyster sauce |
| Soy sauce |
| Vegetable Oil |

| DRINKS |
|--------------------------------|
| Dry wine |
| Diet soft drink and soda water |

Bowel Health

If constipation is a problem;

Remember to:

- ✓ Have the maximum recommended serves of fruit and vegetables daily. That is two fruits and 5 serves of vegetables.
- ✓ Leave skin on fruits and vegetables where possible to increase intake of insoluble fibre.
- ✓ Drink plenty of water daily aim for 1.5-2 litres per day.
- ✓ Keep active daily.

You could also try:

- ✓ Adding 2 tablespoons of oat bran/rice bran to your breakfast cereal.
- ✓ Add ½ cup canned lentils or ¼ cup of canned chickpeas to casserole/salad
- ✓ Snack on almonds
- ✓ Check food labels when buying low FODMAP bread and cereal products. Compare products in the per 100 g column to find higher fibre options.
- ✓ Consider adding a fibre supplement made from sterculia/Benefibre/psyllium.

LOW FODMAP MEAL IDEAS

Breakfast Ideas

- Gluten free toast with allowed spread (peanut butter, marmalade, golden syrup) or egg or allowed cheese
- Gluten free breakfast cereal with lactose free milk
- Porridge with sliced banana
- Omelette or scrambled egg (add diced tomato or chives for extra flavour)
- Fruit salad (with allowed fruit) with lactose free/soy yoghurt
- Fruit smoothie (with allowed fruit and low lactose/soy milk)

Lunch Ideas

- Sandwich (gluten free bread) with tuna/salmon/ham and allowed vegetables
- Rice cakes with allowed cheese and tomato
- Home-made vegetable soup with allowed vegetables
- Gluten free wrap with sliced boiled egg/cheese and allowed salad vegetables

Dinner Ideas

- Gluten free pasta dish (check sauce is onion free)
- Grilled meat/chicken/fish/tofu with allowed vegetables
- Rice or rice noodle stir fry with beef strips, oyster/soy sauce and mixed vegetables from allowed list.

Snack Ideas

- A piece of fruit from allowed list
- Low lactose/soy yoghurt with blueberries
- Sliced carrot and celery (<12 cm) sticks
- Gluten free muffin/biscuits
- 2 scoops of sorbet
- Glass of low lactose or soy milk
- Hand full of mixed nuts
- Fruit salad (allowed fruit)

Food and symptom diary

| Time | Food and/or drink | Amount | Severity* | Symptoms** | Notes *** |
|------|-------------------|--------|--|------------|-----------|
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*Severity = on a scale 1 to 5, where 1 is mild and 5 is severe

** Symptoms = pain/discomfort, bloating, wind, tiredness, nausea

***Notes e.g. bowel movements, emotional stressors, sleep

Dietitian:

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