



Low FODMAP

PATIENT HANDOUT

Your practitioner may have recommended you follow a low FODMAP diet to identify if FODMAPs as a group, or specific FODMAPs are contributing to your digestive symptoms, and to help reduce your digestive discomfort.

The low FODMAP diet has been shown to be a successful strategy for many people wanting to reduce digestive symptoms such as abdominal pain, bloating, flatulence, and changing bowel motions. Research conducted within Australia and around the world, has consistently shown symptom relief in approximately 3 out of 4 people that follow a low FODMAP diet.¹

What are FODMAPs?

FODMAPs are a type of carbohydrate. In some individuals, the digestive system struggles to break them down, which means they cannot be absorbed properly. In this state they draw water into the small intestine (which causes loose stools), and in the large intestine they ferment, which creates gas.²

This causes the variety of uncomfortable symptoms including abdominal pain, bloating, diarrhoea, constipation, and flatulence, which are common symptoms of irritable bowel syndrome (IBS) and small intestinal bacterial overgrowth (SIBO).^{1,2,3}

Whether you are experiencing the above-mentioned symptoms or are looking to manage IBS or SIBO specifically, a low FODMAP diet often results in significant symptom reduction. If, however, you have been strictly following a low FODMAP diet and you have not seen significant symptom improvement within 2 to 4 weeks, this is an indication your symptoms are not caused by FODMAPs. Speak with your healthcare practitioner for further support and the next steps.

What does FODMAP mean?

FODMAP IS AN ACRONYM THAT STANDS FOR:

- F** **Fermentable** – The process where undigested carbohydrates are fermented by gut bacteria to produce gas.
- O** **Oligosaccharides** – Found in fructans and galacto-oligosaccharides (galactans), which include foods such as garlic, onions, wheat, rye, legumes/pulses.
- D** **Disaccharides** – Such as lactose foods found in dairy, milk, soft cheese, yoghurt.
- M** **Monosaccharides** – Such as fructose found in honey, apples and high-fructose corn syrup.
- A** **And**
- P** **Polyols** – Such as sorbitol and mannitol found in artificial sweeteners and some fruits and vegetables.

Following a Low FODMAP Diet:

There are three stages to a low FODMAP diet, which are:¹

1. Low FODMAP Diet



For 2-6 weeks - swap high FODMAP foods for low FODMAP alternatives.
All food groups and nutrients are included (see table 1).

2. FODMAP Reintroduction

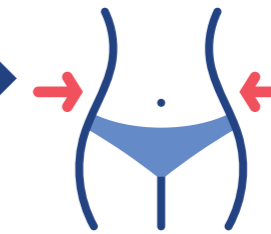


Over 18 weeks to reintroduce:

- One FODMAP at a time
- One food at a time
- Over 3 days

Increase serving size each day and monitor tolerance.

3. FODMAP Personalisation



Eventually you will know what you can tolerate and what you cannot.
In the long-term it's a balance between tolerated FODMAP-rich foods and the avoidance of others.

Stage 1:

Restrict all FODMAPs to reduce your symptoms.

Replace high FODMAP foods with low FODMAP options (see Table 1). This stage lasts from 2 to 6 weeks depending on your compliance, response and your practitioner's recommendations.

TABLE 1: FODMAP FOODS LIST.^{2,6}



Food Categories	Fructans, Oligosaccharides, Galactans	Disaccharides	Monosaccharides	Polyols	Other
High FODMAP Foods	<p>F: Custard apple, nectarines, persimmon, rambutan, white peach, watermelon</p> <p>V: Onion, garlic, artichoke, asparagus, beetroot, broccoli, brussel sprouts, cabbage, fennel, leek, okra, peas, shallots</p> <p>C: Rye, wheat, barley</p> <p>L: Baked beans, chickpeas, lentils, red kidney beans, soy</p>	<p>Lactose: Milk - cow, goat, sheep Cheese - soft and fresh cheeses Yoghurt - regular and low-fat</p>	<p>F: Apple, pear, watermelon, mango, peach, tinned fruit</p> <p>Also: large doses of fruit, dried fruit and fruit juice can increase total fructose levels</p> <p>V: Sugar snap peas</p> <p>S: Honey, high-fructose corn syrup, agave syrup, fruit juice concentrate</p>	<p>F: Apples, pears, stone fruits, avocado, cherry, lychee, nashi pear, plum, prunes, watermelon</p> <p>V: Cauliflower, mushrooms, snow peas</p> <p>S: Xylitol, isomalt, maltitol, sorbitol, jams, other sweeteners ending in '-ol'</p>	<p>Alcohol: Limit intake to one glass per day, avoid</p>
Low FODMAP Foods	<p>F: Banana, blueberry, rockmelon, star fruit, grapes, grapefruit, honeydew melon, kiwi fruit, pawpaw, lemon, lime, oranges, passionfruit, raspberries, strawberries, tangelo, tomato</p> <p>V: Bamboo shoots, bok choy, capsicum, carrot, cauliflower, celery, chives, choko, choy sum, corn, eggplant, green beans, lettuce, mushrooms, snow peas, parsnip, pumpkin, silverbeet, spring onion (green part only). Alternative to garlic/onion: Garlic-infused oil</p> <p>C: Gluten-free bread, flour and cereals, amaranth, arrowroot, buckwheat, corn, millet, oats, potato, quinoa, rice, sorghum, sweet potato, tapioca</p> <p>Dairy alternatives: Nut milk, rice milk (no more than 200 mL per serve), lactose-free milk Ice cream: gelato, sorbet Yoghurt: lactose-free yoghurt Lactose-free dairy: butter, hard cheeses</p> <p>S: Golden syrup, maple syrup, any sweeteners besides polyols, glucose, sugar, sucrose, other artificial sweeteners not ending in '-ol'</p> <p>Alcohol: Limit intake – restricted to one drink – beer, wine, clear spirits</p> <p>Coffee/tea: Allowed with lactose-free milk alternatives, herbal teas</p>				

Stage 2:

Reintroduce FODMAP foods slowly.

It is important to introduce individual FODMAP groups one at a time (see Table 1), to help identify if you are reactive to all FODMAP groups or only one or two FODMAP groups/foods. In this way you only need to avoid FODMAPs you are reactive to (different for each person), which allows you to include other FODMAP foods you do not react to, for a varied diet.

It is also important to allow a rest between FODMAP 'testing' as indicated in Table 2 (see back page). This helps to identify symptoms caused by a particular FODMAP group and allows you to determine your threshold for a particular FODMAP. For example, you may be able to eat small amounts of cauliflower (polyol) but find you develop symptoms if you eat too much of it or eat it too often. Identifying symptoms associated with different FODMAPs and your threshold for different FODMAPs will allow you to eat a more varied diet and have greater freedom when eating out or when you are not preparing your own meals.

This stage may last for 8 to 12 weeks depending on how you respond to the reintroduction process. Introduce 1 or 2 foods from a group e.g. cauliflower for three days at increasing amounts and monitor for symptoms over the following three days. An example of this is provided in Table 2 on the back page.

Before each FODMAP challenge, there should be minimal to no symptoms.

If you experience any worsening of symptoms when introducing a new food, take a break from that group of FODMAPs and return to a strict low FODMAPs diet until your symptoms subside. This is to prevent any delayed symptoms affecting the testing of reintroduced foods.⁴ This can be a challenging process, speak with your healthcare practitioner who can guide and support you throughout this stage.

From here, it is recommended you continue with the series of reintroduction food challenges. If there is any substantial increase in symptoms during the 3-day challenge, the challenge should be paused, and the food group assessed for suitability depending on your symptoms. For example, if a food is causing severe symptoms on day 1 it should be avoided completely. If a food gives some discomfort on day 3, then it may be tolerated on an occasional basis.⁴

Stage 3:

Personalise your diet

Now that you have identified which FODMAP foods you can tolerate, while maintaining little to no symptoms, those foods that cause minimal symptoms should be considered occasional foods and those that cause strong symptoms should be avoided ongoing.⁴

Table 2. Reintroduction of foods example.^{4,5,6}

CYCLE 1					CYCLE 2			
	Day 1	Day 2	Day 3	Day 4	Day 1	Day 2	Day 3	Day 4
POLYOL	Cauliflower ¼ cup	Cauliflower ⅓ cup	Cauliflower ½ cup	Monitor for symptoms	Mushrooms ¼ cup	Mushrooms ⅓ cup	Mushrooms ½ cup	Monitor for symptoms
CYCLE 3					CYCLE 4			
	Day 1	Day 2	Day 3	Day 4	Day 1	Day 2	Day 3	Day 4
DISACCHARIDES	Yoghurt ¼ cup	Yoghurt ⅓ cup	Yoghurt ½ cup	Monitor for symptoms	Cow's milk ¼ cup	Cow's milk ⅓ cup	Cow's milk ½ cup	Monitor for symptoms
CYCLE 5					CYCLE 6			
	Day 1	Day 2	Day 3	Day 4	Day 1	Day 2	Day 3	Day 4
MONOSACCHARIDES	Honey 1 tsp	Honey 1.5 tsp	Honey 2 tsp	Monitor for symptoms	Mango (¼)	Mango (⅓)	Mango (½)	Monitor for symptoms
CYCLE 7					CYCLE 8			
	Day 1	Day 2	Day 3	Day 4	Day 1	Day 2	Day 3	Day 4
FRUCTANS	Wheat/Rye bread ½ slice	Wheat/Rye bread 1 slice	Wheat/Rye bread 2 slices	Monitor for symptoms	Onion (1 ring) OR Garlic ¼ clove	Onion (2 rings) OR Garlic ⅓ clove	Onion (3 rings) OR Garlic ½ clove	Monitor for symptoms
CYCLE 9					CYCLE 10			
	Day 1	Day 2	Day 3	Day 4	Day 1	Day 2	Day 3	Day 4
GALACTO- OLIGOSACCHARIDES	Lentils ¼ cup	Lentils ⅓ cup	Lentils ½ cup	Monitor for symptoms	Hummus 1 Tbsp	Hummus 2 Tbsp	Hummus 3 Tbsp	Monitor for symptoms

* Strict continuation of low FODMAP diet is maintained throughout the reintroduction phase except for the FODMAP group being tested.

