

## FODMAP\* Basics

A FODMAP elimination diet is a short-term learning diet, not a permanent dietary restriction. The object is to discover how changing certain sugars and fibers in your diet can help you manage your symptoms of gas, bloating, abdominal pain, diarrhea and/or constipation, while eating the most varied and nutritious diet you can tolerate. The FODMAP approach may be right for you if your symptoms have been properly evaluated by your doctor, and if a high-fiber diet, plenty of water, and a consistent meal pattern have not helped. You may benefit from working with an experienced FODMAP dietitian, especially if you have other medical conditions that affect what you can eat. This table provides examples of high- and low-FODMAP foods; it not a complete list. Updated 1/2024.

<b>Common Higher-FODMAP* Foods or Ingredients</b>	<b>Popular Lower-FODMAP* Alternatives</b>
Regular milk, yogurt, ice cream	Lactase-treated/lactose-free dairy milk and yogurt, rice or almond milk, sorbet
Cottage or ricotta cheese	Aged cheeses such as Cheddar, Parmesan, Swiss, Brie. Lactase-treated/lactose-free cottage cheese.
Dried fruit, fruit juice, trail mix, fruit bars	Small serving** or medium piece of fresh or frozen fruit
Apple, pear, stone fruit (cherries, peaches, prunes, apricots, mango), watermelon, blackberries	Small serving or medium piece of strawberries, blueberries, raspberries, grapes, pineapple, cantaloupe, honeydew, kiwi, firm banana, orange
Artichokes, fresh beets, cauliflower, Brussels sprouts, button and Portobello mushrooms, asparagus, peas	Spinach, kale, lettuce, cucumber, carrots, white potatoes; small serving of broccoli, green beans, green bell pepper, sweet potato, butternut squash, tomatoes, summer squash, zucchini, canned beets
Large servings of regular breads, cereals, pastas or baked goods made of whole wheat or all-purpose flour, barley flour, or rye flour; high-fiber bars or cereals	Rice, cornmeal, or quinoa; breads, cereals, pastas or baked goods made of rice, cornmeal, millet, sorghum, or quinoa; oatmeal; sourdough bread made of white, whole wheat or spelt flour; English muffin; very small servings of white bread or regular pasta
Sugar-free candy, gum, supplements or shake mixes sweetened with sorbitol, mannitol, maltitol, xylitol, isomalt; milk chocolate	Small servings of sweets made with sugar, 100% pure maple syrup, or stevia; small portions of dark or semi-sweet chocolate
Canned, baked or refried beans, hummus, soy milk	Firm tofu, tempeh; small servings of canned, drained chickpeas or lentils; boiled and drained red lentils; edamame
Pistachios, cashews	Small servings of other nuts, nut butters or seeds
Garlic, onions, shallots, ketchup, commercial salad dressings	Garlic-infused oil, chives, scallion greens, leafy herbs, sweet spices, ginger, vinegars, mustards, lemon or lime, small servings of leeks,
Beverages, syrups or condiments sweetened with high-fructose corn syrup (regular soda or pop, bottled ice tea), honey, agave	Unsweetened or stevia-sweetened beverages
Rum, sherry, port	Beer, wine, gin, vodka, whiskey
Chamomile or fennel tea	Espresso or filtered coffee; green, white, peppermint, or ginger tea; weak black tea

\*FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. FODMAPs include fructose, lactose, mannitol, sorbitol, fructans and GOS.

\*\*What do I mean by “small serving”? In general terms, a small serving is about ½ cup fruit or vegetable, 1 oz candy or chocolate, 1/3 cup of chickpeas or lentils, 1 small handful of nuts or 2 tablespoons peanut butter, 1 tablespoon leek bulb. A “very small serving” is 1 oz of white bread or ½ cup regular pasta.