

INTRO TO THE LOW FODMAP DIET

From gas and bloating to food sensitivities, digestive problems are super common nowadays. In fact, between 25 to 45 million people in the US suffer from IBS.

And food is often a trigger for tummy troubles. That's where the Low FODMAP diet comes in...

What are Fodmaps??

FODMAPs are a type of short-chain carbohydrate that are more difficult for your body to digest.

FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides, and polyols. I know that's a mouthful!

Certain foods are high in FODMAPs, while others are low.

The low FODMAP diet restricts high FODMAP foods temporarily. This gives the digestive tract time to heal and may ease stubborn symptoms like gas, bloating, and abdominal pain.

Who is the Low FODMAP Diet For?

This diet is often helpful for:

- IBS
- SIBO (small intestinal bacterial overgrowth)
- Discovering hidden food sensitivities

The Low FODMAP Diet has 3 stages:

- **Elimination:** This lasts 2-6 weeks. During this time you avoid high FODMAP foods.
- **Reintroduction:** In this stage, you begin adding FODMAP foods back in one at a time to see how you react. This lasts between 6-10 weeks.
- **Maintenance:** Using what you learned in stage 2, you continue enjoying well-tolerated FODMAP foods, and limiting those that trigger you.

HIGH FODMAP FOODS

Vegetables

- artichoke (fresh)
- asparagus
- cauliflower
- celery
- garlic
- green peas
- mushrooms
- onion
- sugar snap peas

Fruits

- apples
- cherries
- dried fruit
- grapes (more than 5)
- mango
- nectarines
- peaches
- plums
- pears
- watermelon

Dairy

- cows milk
- ice cream
- condensed milk
- soy milk
- yogurt

Sweeteners

- honey
- corn syrup
- high fructose corn syrup

Grains

- wheat
- barley
- rye
- ceareal

Protein

- legumes
- highly processed meats

Nuts

- cashews
- pistachios

LOW FODMAP FOODS Enjoy these

Vegetables

- artichoke (canned, 75 g) cantaloupe (120 g)
- carrots
- green beans (75 g)
- green onions
- eggplant
- lettuce
- bok choy (75 g)
- zucchini (70 g)
- tomato (60 g)
- potato
- cucumber (75 g)
- red bell pepper
- green bell pepper (52 g)
- parsnip
- sweet potato (75 g)
- squash
- turnips (75 g)

Fruit

- kiwi
- pineapple (200 g)
- strawberries (5 medium)
- oranges
- blueberries
- raspberries (60 g)
- lemon
- lime
- honeydew melon (90 g)

Sweeteners

- maple syrup
- stevia

Protein

- eggs
- beef
- chicken
- seafood
- lamb
- pork
- firm tofu
- tempeh

Dairy

- almond milk
- feta cheese
- hard cheeses
- lactose-free milk
- rice milk (200 ml)
- brie/camembert
- lactose-free yogurt

Nuts & Seeds

- walnuts
- pumpkin seeds
- peanuts
- macadamia nuts

Grains

- oats
- quinoa
- rice
- buckwheat
- Sourdough spelt bread
- some gluten free bread & pasta

LOW FODMAP RECIPES

While there are restrictions on the Low FODMAP diet, it *doesn't* have to be bland or boring. Here are 12 Low FODMAP approved recipes to try in the Elimination stage.



Low FODMAP
Overnight Oats and
Chia



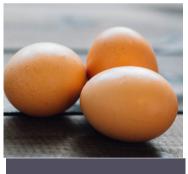
Low FODMAP
Pumpkin Pancakes



Sweet Potato and Feta Frittata



<u>Low FODMAP Green Kiwi</u> <u>Smoothie</u>



Low FODMAP Baked Egg Cups



Smoky Spinach Avocado Turkey Burgers



<u>Low FODMAP</u>
<u>Vegetarian Eggplant</u>
<u>Kale Lasagna</u>



Ginger Sesame Low FODMAP Meatballs



<u>Low FODMAP Chicken</u> Cacciatore



Baked Halibut with
Caper-Tomato
Tapenade, Potatoes, &
Kale



<u>Sesame Sheet Pan</u> <u>Salmon with Turnips</u> <u>and Bok Choy</u>



<u>Light & Fresh</u> <u>Vegetable Detox</u> <u>Soup</u>