



# *Low Fodmap Guide*

YOUR BEGINNER'S GUIDE  
TO THE LOW FODMAP DIET.  
LEARN WHAT IT IS AND  
HOW TO GET STARTED.



# 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

*Avoid these*

## 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

## Grains

- wheat
- barley
- rye
- ceareal

## Sweeteners

- honey
- corn syrup
- high fructose corn syrup

## Protein

- legumes
- highly processed meats

## Nuts

- cashews
- pistachios

# LOW FODMAP FOODS

*Enjoy these*

## Vegetables

- artichoke (canned, 75 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

- cantaloupe (120 g)
- 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

## Nuts & Seeds

- walnuts
- pumpkin seeds
- peanuts
- macadamia nuts

## Dairy

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

## 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



Low FODMAP Green Kiwi Smoothie



Low FODMAP Baked Egg Cups



Smoky Spinach Avocado Turkey Burgers



Low FODMAP Vegetarian Eggplant Kale Lasagna



Ginger Sesame Low FODMAP Meatballs



Low FODMAP Chicken Cacciatore



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



Sesame Sheet Pan Salmon with Turnips and Bok Choy



Light & Fresh Vegetable Detox Soup