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PATIENT INFORMATION:
FODMAP DIET

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FODMAP Diet Information

A low FODMAP diet is a diet low in Fermentable Oligo-, Di-, Mono-saccharides and Polyols. These are types of short-chain carbohydrates (sugars) that not very well absorbed in the gut (small intestine). These carbohydrates are easily fermented and cause more fluid to enter the large bowel leading to gas, bloating and diarrhoea. Reducing the total amount of these fermentable sugars may improve the symptoms of IBS. This is a relatively new dietary approach for the management of irritable bowel syndrome (IBS) and should really be undertaken with the assistance of a registered dietician. If you feel you would like to be referred to a dietician, please let Mr Bailey know.

The low FODMAP diet is effective for about 70% of people with IBS who try it. It works by improving the gut symptoms associated with IBS.

Below are two lists of FODMAP unfriendly and FODMAP friendly foods. You should try to avoid the 'unfriendly' foods as much as possible, but if you really need to use them keep their usage to a minimum. Onions and garlic are particularly bad triggers and should be avoided as much as possible. Always check the ingredient lists and look for the main culprits onion, garlic and wheat products. It is possible to use garlic or onion infused olive oil if you can't manage without them.

FODMAP FOOD LIST

High FODMAP food (things to reduce or avoid)

Fruit - Apples, apricots, avocado, blackberries, cherries, currants, dates, grapefruit, lychee nectarines, peaches, pears, persimmon, plums, prunes, raisins, tinned fruit in apple or pear juice, watermelon

Vegetables and legumes – artichoke, asparagus, baked beans, beetroot, blackeyed peas, broad beans, butter beans, cauliflower, celery, garlic, kidney beans, leeks, mange tout, mushrooms, onions, peas, savoy cabbage, soy beans, split peas, spring onions, shallots.

Cereals, grains, breads, biscuits, pasta, nuts and cakes - wheat containing products such as biscuits, breadcrumbs, egg noodles, noodles, pastries, pasta made from wheat, udon noodles, wheat bread, wheat cereal, wheat rolls. Barley, bran cereals, couscous, pistachios, rye, semolina.

Sweets, sweeteners and spreads – Agavae, fructose, high fructose corn syrup (HFCS), honey, milk chocolate, sugar free sweets, inulin, isomalt, maltitol, mannitol, sorbitol, xylitol.

Pre-biotic foods (which may be added to yoghurts, snack bars etc) – fructooligosaccharides (FOS), inulin, oligofructose.

Drinks – Beer (if drinking more than one bottle a day), dandelion tea, fruit and herbal teas with added apple, orange juice in quantities over 100ml, rum, sugar free fizzy drinks such as diet coke, sports drinks, wine (if drinking more than one glass).

Dairy – Buttermilk, cream cheese, cream, custard, ice cream, margarine, milk (cow, goat and sheep), sour cream, yoghurt (including greek yoghurt).

Cooking ingredients – cocoa powder.

Low FODMAP food (good to eat food)

Fruit – Bananas, blueberries, boysenberry, canteloupe melon, cranberry, clementine, dragonfruit, grapes, honeydew and galia melon, kiwifruit, lemon, lime, mandarin, orange, passion fruit, paw paw, papaya, pineapple, raspberry, rhubarb, strawberry.

Vegetables and legumes – Alfalfa, aubergine, bean sprouts, bok choy/pak choi, broccoli (avoid large servings), brussel sprouts, butternut squash, cabbage, carrots, corn, sweetcorn (if tolerated), courgette, chick peas, chilli (if tolerated), chives, cucumber, fennel, green beans, green pepper, ginger, kale, lentils (small amounts), lettuce, okra, olives, parsnips, parsley, red peppers, potato, pumpkin, spring onions (green part only), spinach, squash, sweet potato, tomato (avoid cherry tomato), turnip.

Fish and Seafood – tinned tuna, fresh fish ie. cod, haddock, salmon, plaice trout, fresh seafood ie. prawns, crab, lobster, mussels, oysters

Cereals, grains, breads, biscuits, pasta, nuts and cakes – wheat free or gluten free breads, bread made from oats, rice corn or potato flour, wheat free or gluten free pasta, buckwheat noodles, rice noodles, porridge and oat based cereals, cornflakes, rice bran, rice krispies, almonds (max of 15), buckwheat, crispbread, corncakes, coconut, hazelnuts (max of 15), macadamia nuts (max of 10), millet, oats, oakcakes, peanuts, pecans (max of 15), pine nuts (max of 10), polenta, potato chips (plain), quinoa, rice cakes, rice crackers, sesame seeds, sun flower seeds, tortilla chips, walnuts, white rice, wheat free rye.

Sweets, sweeteners and spreads – aspartame, golden syrup, glucose, jam, maple syrup, marmalade, peanut butter, saccharine, sucralose, sugar, marmite.

Drinks – Alcohol is an irritant to the gut, limited intake is advised of beer (limited to 1 drink), clear spirits such as vodka, gin, whiskey, wine (limited to 1 glass), fruit and herbal teas (without apple), lemonade in small quantities, sugar fizzy drinks (ie not the sugar free versions) such as coke, lemonade, soya milk, water.

Dairy food and eggs – Butter, cheese, brie, camembert, cheddar, cottage, feta, mozzarella, ricotta, swiss, eggs, lactose free milk, lactose free yoghurt, oat milk, parmesan cheese, rice milk, sorbet, soy protein (avoiding soya beans), tempeh, tofu, whipped cream.