



Low Fodmap 101

WHAT ARE FODMAPS?

FODMAP stands for fermentable oligo-, di-, mono- saccharides, and polyalcohols. These carbohydrates are found in certain fruits, vegetables, beans, grains, and sweeteners.

SHOULD I MINIMIZE THEM?

FODMAP carbs are difficult for some individuals to break down, leaving them for gut microbes to digest instead. If microbial populations are out of balance (aka dysbiosis), FODMAP fermentation can exacerbate or contribute to IBS symptoms like gas, bloating, cramping, and irregular bowel movements. Minimizing FODMAP consumption cannot solve the root cause of microbial imbalance, but it can be a way to manage symptoms as the gut heals.

High-FODMAP foods can be thought of as *prebiotic foods* because they feed gut microbes. Therefore, a low-FODMAP diet should only be followed for a few weeks at most to support health and diversity of the microbiome.

TIPS TO TRANSITION

- PREPARATION MATTERS

the FODMAP content in a food can change depending if it is fresh, canned, or cooked

- FIND AN APP

to guide your shopping & cooking

- FOCUS ON WHAT YOU CAN EAT

rather than what you cannot

- REINTRODUCE LOW & SLOW

so your body and microbiome can heal and establish balance



HIGH FODMAP FOODS

- honey
- apples & pears
- peaches, plums, apricots, cherries
- ripe bananas
- watermelon
- mangoes
- artichokes
- asparagus
- cauliflower
- brussels sprouts
- garlic, onions, leeks, shallots
- avocados
- sweet potatoes
- sweet corn
- peas
- beans & lentils
- soy
- cashews
- pistachios
- gluten (*wheat, barley, rye, many processed foods*)
- high lactose dairy (*milk, cream, soft cheese, yogurt*)
- processed meats
- sauces & condiments with garlic/onion
- artificial sweeteners that end in -itol (*sorbitol, mannitol, xylitol, erythritol, etc*)