



## Low FODMAP Diet

This information sheet is intended to help you understand and get started on the low FODMAP diet. It is a simplified version of the diet, and is not intended to replace individual consultation and advice.

**We highly recommended you book in to see a dietitian, to help you learn more about how FODMAPs, suitable foods, label reading, meal planning and specialised products.**

FODMAPs are certain types of sugars that are found naturally in some foods or drinks. Sometimes they are also added during processing. FODMAPs are not harmful in any way, but the fermentation of these sugars during digestion can cause digestive symptoms like wind, bloating, pain, and altered stools (either diarrhoea or constipation).

Some of the common FODMAPs found in food are:

- Oligosaccharides – found in wheat, onions, garlic and beans
- Lactose – high in some dairy products like milk, yoghurt and ice cream
- Fructose – found in fruit, vegetables and fruit juice
- Polyols – found in fruit, vegetables and some artificial sweeteners

**The low FODMAP diet is not for the long term. Your dietitian will teach you how to implement the first phase, then how to challenge different FODMAP groups, and bring foods back in**

### Phase 1 (about 1 month):

A trial of avoiding high FODMAP foods to see if your symptoms improve.

### Phase 2:

Your dietitian will teach you about the systematic reintroduction of FODMAPs, and which foods you can use to test your tolerance to the various FODMAP groups.

### Phase 3:

Using the challenge results and advice of your dietitian, you can work out which foods you can eat and in what amounts, to ensure the most balanced and varied diet possible.

**For more detailed information, recipes, articles, support and dietitian bookings, head to:**

**[www.everydaynutrition.com.au](http://www.everydaynutrition.com.au)**



Enjoy	Limit or avoid
<b>Fruit</b>	
All other fruit e.g. bananas, berries, cantaloupe, citrus, grapes, kiwifruit, pineapple, etc Nb: 1 piece or 1 cup per serve	Apple, pears, stone fruit (apricots, peaches, nectarines, cherries, plums, mango, avocado) watermelon, most dried fruit and fruit juice
<b>Vegetables</b>	
All other vegetables e.g. broccoli, carrots, capsicum, potato, eggplant, lettuce, spinach, tomato etc Fresh and dried herbs & spices Green part of leek or spring onion Small serves avocado e.g. 1-2 Tbsp	Onion, garlic, asparagus, cauliflower, mushrooms, leek & spring onion (white part) Onion & garlic powder in products
<b>Bread &amp; cereals</b>	
Sourdough bread, FODMAP certified bread, gluten free bread Rice, rice noodles, rice and corn based pasta, quinoa, polenta, buckwheat Corn flakes, rice bubbles, oats, gluten free weet bix	Wheat and rye based breads Wheat pasta, noodles and cous cous Wheat, bran and barley based breakfast cereals Muesli and cereals with honey or dried fruit
<b>Milk &amp; milk products</b>	
'Lactose free' milk, yoghurt and ice cream Butter and hard cheese Soy milk and ice cream (if made with soy protein) Rice & almond milk (choose calcium fortified brand)	Milk (including A2, goat and sheep milks) Regular yoghurt, ice cream, custard, evaporated milk, sweetened condensed milk Soy milk made from whole soy beans
<b>Meat &amp; legumes</b>	
Plain meat, chicken, fish & eggs Ham, salami, bacon, tinned fish, sushi Canned lentils/chick peas/butter beans (¼ cup) Nuts – 1-2 handfuls, peanut butter	Sauces, marinades or processed meats with onion or garlic added Most legumes e.g. kidney beans, baked beans Cashews, pistachios
<b>Drinks and snack foods</b>	
Tea, coffee, water, mineral water, cranberry juice, Wine, beer, gin, vodka, whiskey Sugar, maple syrup, equal, sucralose, rice malt syrup Small serves chocolate & lollies Plain salted potato or corn chips, rice crackers, popcorn, Fruit free muesli bars (no honey)	Juice, cider, rum, fortified or 'sticky' wine Honey, agave, fruit sugar, 'sugar free' lollies & gum Inulin (often found in 'high fibre' packaged foods), 'Cuppa Soups', 2 Minute Noodles, Dried fruit, pistachios, cashews
<b>Fats &amp; Oils</b>	
All Fats and oils are low FODMAP including onion and garlic infused oils	