




LOW FODMAP DIET CHART

Following a low FODMAP diet has long been a firm favourite amongst IBS sufferers as an effective way to overcome uncomfortable symptoms.

Just follow this simple chart to give it a try!



Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
<p>fruit banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo</p> <p>Note: if fruit is dried, eat in small quantities</p> 	<p>vegetables alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini</p> <p>herbs basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>	<p>cereals gluten-free bread or cereal products</p> <p>bread 100% spelt bread</p> <p>rice</p> <p>oats</p> <p>polenta</p> <p>other arrowroot, millet, psyllium, quinoa, sorgum, tapioca</p> 	<p>milk lactose-free milk*, oat milk*, rice milk*, soy milk*</p> <p>*check for additives</p> <p>cheeses hard cheeses, and brie and camembert</p> <p>yoghurt lactose-free varieties</p> <p>ice-cream substitutes gelati, sorbet</p> <p>butter substitutes olive oil</p>	<p>tofu</p> <p>sweeteners sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p>honey substitutes golden syrup*, maple syrup*, molasses, treacle</p> <p>*small quantities</p> 

Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
<p>fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p>sweeteners fructose, high fructose corn syrup</p> <p>large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p>honey corn syrup, fruisana</p> 	<p>milk milk from cows, goats or sheep, custard, ice cream, yoghurt</p> <p>cheeses soft unripened cheeses eg. cottage, cream, mascarpone, ricotta</p> 	<p>vegetables artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion</p> <p>cereals wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta</p> <p>fruit custard apple, persimmon, watermelon</p> <p>miscellaneous chicory, dandelion, inulin, pistachio</p>	<p>legumes baked beans, chickpeas, kidney beans, lentils, soy beans</p> 	<p>fruit apple, apricot, avocado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p> <p>sweeteners sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)</p> 

IBS and the Low FODMAP diet

Irritable bowel syndrome (IBS):

The causes of IBS are not fully understood. In IBS the gut can be 'hypersensitive' leading to different symptoms including:

- abdominal pain/discomfort;
- bloating;
- wind;
- urgency to open bowels;
- a feeling of being unable to pass all stool (incomplete evacuation);
- diarrhoea or constipation (or variable bowel habit swinging between these);
- nausea
- stomach gurgling
- belching, heartburn and reflux
- tiredness / lethargy

These symptoms may vary over time, be present every day to a degree, or come and go without explanation. Stress, anxiety or a hectic lifestyle can also play a role, which can lead to a flare up or worsening symptoms. IBS can be difficult to manage, but dietary and lifestyle changes can be very helpful in improving symptoms and therefore your quality of life.

Sometimes those with other gut conditions like inflammatory bowel or coeliac disease can have IBS type symptoms alongside these conditions. These people may also benefit from similar changes.

Diet and IBS

Many dietary factors are thought to be triggers for IBS symptoms, e.g. caffeine, alcohol, spicy or fatty foods, along with erratic eating patterns and behaviours. Dietary triggers can often be difficult to spot, especially when you have a flare of IBS symptoms.

Some types of carbohydrates contribute to IBS type symptoms. These carbohydrates are called **FODMAPs**, which stands for Fermentable, Oligo-saccharides, Di-saccharides, Mono-saccharides And Polyols - described below.

Fermentable: foods which do not fully digest/absorb in the intestine so ferment in the large bowel.

Oligosaccharides: there are two groups of oligosaccharides that cause symptoms; Fructans and Galacto-oligosaccharides. These are poorly absorbed in all people as we do not have the ability to digest them in the small intestine.

Fructans are also known as fructo-oligosaccharides (FOS) and are chains of the sugar fructose of different lengths. Main dietary sources of these are wheat products (bread/breakfast cereal/pasta), some vegetables (e.g. onion, garlic, artichoke) and as an ingredient added to some processed foods as a prebiotic (e.g. FOS, oligofructose or inulin).

Galacto-oligosaccharides (GOS) are chains of sugar galactose. The main dietary sources are pulses, beans, legumes and cashew or pistachio nuts.

Disaccharides: Lactose is a sugar found in all animal milks. Milk and yogurt are main sources of lactose

Monosaccharides: Fructose is a simple sugar but in excessive amounts may be poorly absorbed by some.

And

Polyols: Polyols are sugar alcohols such as sorbitol, mannitol and xylitol. These are poorly absorbed in most people. These occur naturally in some fruits and vegetables, but are also used as artificial sweeteners in sugar free chewing gum, mints, and other low calorie or sugar free products.

Even though some FODMAPs are poorly absorbed in everyone, they only need to be restricted if they cause symptoms. People with IBS-like symptoms appear to be sensitive to the gases produced and water changes in the large intestine that occur when the diet contains lots of FODMAPs. Reducing the intake of FODMAP's has been shown to improve gut symptoms in most individuals with IBS-like symptoms.

Following the diet: How strict do I need to be?

Try to follow the low FODMAP diet as closely as possible to give you the best chance to improve your symptoms. Usually 4-6 weeks is long enough to identify if symptoms will respond to a low FODMAP diet.

After the initial 4-6 weeks it is important that you reintroduce the avoided foods to identify which particular groups of carbohydrate cause you symptoms. Sensitivity to FODMAPs varies between people, and reintroduction to FODMAP containing foods is often well tolerated. Although a low FODMAP diet can be nutritionally balanced, working out what you are most sensitive to helps to increase food choices in your diet.

The tables below provide an overview of the foods needing to be avoided and those that can be eaten whilst following a low FODMAP diet. It is not an exhaustive list. Further details on other foods and safe quantities can be found on the Monash University or low FODMAP food maestro apps:

<https://www.monashfodmap.com/ibs-central/i-have-ibs/starting-the-low-fodmap-diet/>

<https://www.foodmaestro.me/consumer-apps> (scroll down to bottom half of the webpage)

The foods listed below do not contain any FODMAPs and may be eaten freely:

Meat, poultry, fish, eggs or vegetarian protein foods. *Eat 1-2 portions per day. One portion is 75-100g or 2 eggs.*

- Fresh and frozen without sauce or coating: beef, chicken, duck, lamb, pork (including bacon and ham), turkey.
- Fresh or frozen shellfish, white fish, oily fish.
- Tinned fish in brine or oil.
- Eggs (boiled, fried, poached, scrambled).
- Firm tofu, tempeh.
- Quorn (*Check ingredients: some varieties contain onion and/or garlic*)
- Textured vegetable protein (soya mince)

Fats, oils & spreads

For a healthy diet try eating less foods containing fat. Fats are high in calories so use sparingly, and can contribute to IBS symptoms in some people. Choose polyunsaturated or monounsaturated where possible.

- Cooking oils, margarines, low fat spreads, butter, ghee, lard, suet.

Starchy Foods

Minor wheat ingredients in a food **do not** need to be avoided (e.g. thickeners and flavourings).

<p><u>Foods to avoid</u> (high in fructans, GOS or polyols):</p>	<p><u>Suitable foods</u> <i>But check ingredients label for problem fruit, FOS, inulin, oligofructose.</i></p>
<p>Cereal Grains - Wheat (including bulghur wheat, couscous, semolina) - Rye, - Barley - Amaranth</p>	<p>Cereal grains and starchy foods Rice (and rice bran), oats (and oat bran), tapioca, potatoes, buckwheat, polenta, corn, quinoa</p>
<p>Bread All wheat bread and rolls:</p> <ul style="list-style-type: none"> • white, wholemeal, multigrain , sourdough (<i>small amounts may be ok</i>) • Pitta bread, bagels, ciabatta, focaccia, Panini, naan bread, chapatti • Croissants, muffins, brioche, pastries crumpets and most bakery goods • Garlic bread, pizza bases • Rye bread, spelt bread. 	<p>Bread</p> <ul style="list-style-type: none"> • Wheat free / Gluten free bread and rolls • Bread made from: oat, rice, corn, tapioca, potato flours • 100% spelt sourdough (only) • Wheat free or gluten free pizza bases, pitta bread, ciabatta, naan bread. • <i>Homemade wheat free bread using a breadmaker is a good option</i>
<p>Flour</p> <ul style="list-style-type: none"> • <u>All wheat flour</u> • white, wholemeal, plain, strong, self-raising • Rye, barley, gram (Chick Pea) flours • coconut flour, spelt flour, soya flour 	<p>Flour and raising agents</p> <ul style="list-style-type: none"> • Wheat free / gluten free flour, buckwheat, cornflour, millet flour, maize flour, polenta, potato, rice flour. • Baking powder, bicarbonate of soda, cream of tartar, yeast. arrowroot,
<p>Pasta and noodles</p> <ul style="list-style-type: none"> • All fresh and dried pasta (white and wholemeal), Gnocchi, spelt pasta, chick pea /lentil pasta • Egg noodles, Hokkein, Udon, Pot noodles, Supernoodles, Ramen 	<p>Pasta and noodles</p> <ul style="list-style-type: none"> • Wheat free / gluten free pasta (<i>not made from lentils/chickpeas</i>), buckwheat, quinoa pasta • Rice noodles, buckwheat noodles, kelp noodles
<p>Breakfast cereals</p> <ul style="list-style-type: none"> • Wheat or bran based cereals (weetabix, shredded wheat, bran flakes, All-bran, cheerio's, muesli), • wheat bran, wheat germ, • spelt flakes 	<p>Breakfast Cereals</p> <ul style="list-style-type: none"> • Porridge / oat cereals, oat bran • cornflakes, rice krispies, • some wheat free or gluten free muesli and cereals (<i>check fruit</i>).
<p>Savoury Biscuits</p> Water biscuits, crisp breads, Cornish wafers, cream crackers, spelt crackers Rye crispbreads	<p>Savoury Biscuits / snacks</p> Rice crackers, corncakes, oatcakes, wheat free or gluten free crackers. Plain / salted popcorn or plain crisps

<p>Sweet Biscuits</p> <p>All biscuits made with wheat flour (digestives, shortbread, rich tea, custard creams etc)</p>	<p>Sweet biscuits</p> <p>Some Florentines, macaroons, oat based biscuits, flapjacks.</p> <p>Most 'free from' biscuit varieties</p>
<p>Cakes</p> <p>All cakes made with wheat flour (fruit cake, fairy cake, Victoria sponge, chocolate cake etc)</p>	<p>Cakes</p> <p>Flourless cakes, meringues, cornflour sponge.</p> <p>Most 'free from' varieties are wheat free.</p>
<p>Pastry</p> <p>All pastry made with wheat flour (shortcrust, puff, flaky, filo,) Shop brought pastry and pastry goods (pies, quiche, pasties)</p>	<p>Pastry</p> <p>Wheat free or gluten free varieties and mixes.</p>
<p>Breadcrumbs and batter</p> <p>Crumbed fish and poultry, fish fingers, fish in batter, tempura batter, scotch eggs.</p>	<p>Breadcrumbs</p> <p>Polenta, oats, cornflake crumbs, gluten free breadcrumbs/ batter</p>

Fruit and Vegetables

<u>Foods to avoid</u>	<u>Suitable</u>
<p>Fruit (Fresh, dried or juice)</p> <p>Apple, Apricot, Blackberry, Cherries, Dates, Figs, Mango, Nectarine, Peach, Pear, Plum/prune, Sultanas, Watermelon,</p> <p>Tinned fruit in apple or pear juice.</p> <p>Tropical fruit juice, or juices from fruits above</p> <p>Jams, sauces or chutneys containing fruits above.</p>	<p>Fruit</p> <p><i>Aim for 3 portions, but spread through the day. One portion at a time= 80g fresh fruit, 1tbs dried fruit or 100ml fruit juice. Portion sizes in brackets are for fruits which must be more strictly limited*.</i></p> <p>Banana, Blueberry, Cantaloupe, Clementine, Cranberries, Galia melon, Grapes, Grapefruit* (<half, small), Honeydew melon, Kiwi, Lemon, Lime, Lychee* (<5) Mandarin, Orange, Passion fruit, Papaya, Pineapple, Pomegranate* (half small) Raspberry, Raisins Rhubarb, Strawberry</p>
<p>Vegetables</p> <p><i>Vegetables with * may be eaten in very small quantities (<3tbs / day). Those underlined must be strictly avoided.</i></p> <p>Artichoke hearts*, <u>Artichoke (Jerusalem)</u>, Asparagus*, Avocado* (<¼). Beetroot*, Broccoli*, Brussels Sprouts*, Butternut squash*, <u>Cauliflower</u>, Celery*, <u>Chicory root</u>, Fennel* (bulb and leaves) <u>Garlic</u>, <u>Leek</u>, <u>Mange tout*</u>, <u>Mushroom</u>, Okra*, <u>Onion (red, white, Spanish, shallots)</u>, Peas*, Savoy Cabbage*, <u>Spring onion (white part)</u>. Sweet potato*, Sweetcorn*,</p> <p><u>Beans and pulses</u> (chickpeas, broad beans, soy beans, black eyes beans, butter beans, lentils, baked beans, kidney beans, split peas).</p>	<p>Vegetables</p> <p><i>Try to have at least 2 portions per day. One portion is 80g (2-3tbs). There is no upper limit to the amount you can have at once</i></p> <p>Alfalfa, Asparagus, Sugar snap peas, Aubergine, Bamboo shoot, Beansprouts, Carrot, Chard, Chilli, Chive, Courgette, Cucumber, Endive, Green beans, Lettuce, Olive, Pak Choy, Parsnip, Pepper (green, orange, yellow and red), Plantain, White Potato, Pumpkin, Radish, Rocket, Seaweed, Spinach, Spring onion (<i>green part only</i>), Swede, Tomato, Turnip, White or red cabbage</p>
<p>Flavoured crisps, soups, stocks, gravy, sauces, dressings, & ready meals</p> <p>These should be <u>avoided</u> as they routinely contain garlic or onion ingredients</p> <p><u>Garlic or onion ingredients: These should be avoided as they are a concentrated source of FODMAPs. Check ingredients labels.</u></p> <p>Dried onion or garlic, garlic or onion extract, garlic or onion powder, garlic or onion puree, garlic or onion salt.</p>	<p>Soups, stocks, gravy, sauces, dressings & ready meals</p> <p>Use homemade alternatives with dried herbs and spices or chives below. Garlic infused oil (strained) may be used and Asofoetida powder (hing) can provide onion flavour.</p> <p>Salt, pepper, white/rice vinegar, balsamic vinegar (1tbs only) any herbs, spices, chilli, chives, cinnamon, coriander, ginger, lemon/lime juice green part of spring onion, marmite, mustard,</p>

<u>Foods to avoid</u>	<u>Suitable</u>
<p>Sugars, preserves, sauces and confectionary</p> <p>Honey, Agave nectar, Fructose syrup, Sweet and savoury sauces, snack bars.</p> <p><i>Check ingredients label for: glucose-fructose syrup, fructose-glucose syrup, high fructose corn syrup and high fructose corn syrup solids.</i></p> <p>Added Polyols</p> <p>Sugar-free mints, Sugar-free chewing gums, sugar-free lollies, sugar-free chocolate, some 'diet/low calorie' products, protein powders and supplement drinks.</p> <p><i>Check ingredients label for sorbitol, mannitol, xylitol, isomalt.</i></p> <p>Added Fructans</p> <p>Foods or tablets with added fibre or prebiotics e.g some yoghurts, fermented milk drinks, snack bars, breakfast cereals.</p> <p><i>Check ingredients labels for FOS, inulin, oligofructose.</i></p>	<p>Sugars, preserves and confectionary</p> <p>Sugar, golden syrup, maple syrup, treacle, jam and marmalade (from suitable fruits).</p> <p><i>Check ingredients in low sugar or reduced sugar jam and marmalade for Polyols.</i></p> <p>Some artificial sweeteners: aspartame, acesulfame K, saccharin, Canderel, Silver spoon Splenda, Hermesetas.</p> <p><i>Most people in the UK eat too much sugar. For a healthy diet you should try eating less food containing added sugars. High sugar foods contain more than 15g per 100g and low sugar foods contain up to 5g sugars per 100g.</i></p>
<p>Nuts and seeds</p> <p>Cashew and Pistachio Nuts.</p> <p>Coconut (dried) in large quantities.</p>	<p>Nuts and seeds</p> <p>Most are suitable in moderation (<i>small handful</i>)</p> <p>Macadamia nuts, peanuts, pecans, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds, walnuts.</p> <p>Coconut, dried (<3 tbs)</p> <p>Almonds and hazelnuts - <i>maximum 10.</i></p> <p>Peanut butter</p>
<p>Drinks</p> <p>Chicory (Camp), Dandelion tea, <i>Camomile, Chai, Fennel.</i></p> <p><i>Check fruit and herbal teas for unsuitable fruit (apple).</i></p> <p>Alcohol-Rum, Dessert wine.</p>	<p>Drinks</p> <p>Have at least 6-8 glasses or 1.5-2.0 litres of fluid per day. Choose water or non-caffeinated drinks and limit fizzy drinks.</p> <p>Alcohol - is a stimulant and may increase IBS symptoms. While most alcoholic drinks are low in FODMAP's, if alcohol increases your symptoms, limit your intake.</p>

<u>High Lactose Foods - avoid</u>	<u>Suitable lactose alternatives</u>
<p>Milk</p> <p>Whole, skimmed, semi-skimmed milk, goats, sheeps milk, buttermilk*</p> <p>milk powder, evaporated milk, condensed milk.</p>	<p>Milk <i>Ensure alternative milks are calcium enriched. Check alternative milks for apple juice, fructose and inulin.</i></p> <ul style="list-style-type: none"> • Lactose free milk (Lactofree, own brands) • Almond or hazelnut milk • < 60ml Soya milk • <200ml Rice milk (Rice Dream, Alpro) • <50ml Oat Milk (Oatly Oat Drink) • *$\frac{1}{4}$ cup (50ml) maximum of whole, skimmed or semi -skimmed milk is permitted in a drink, part of a meal or snack
<p>Yoghurt</p> <p>Whole milk, low fat, greek, drinking yoghurts*.</p> <p>Fromage frais.</p>	<p>Yoghurt <i>Check for problem fruit, FOS, inulin, oligofructose. fruit juice concentrate, fructose.</i></p> <ul style="list-style-type: none"> • Lactose free cow's milk yoghurt • Max 125g Soya yoghurt • Coconut yoghurt • *2tbs maximum (check for other FODMAP's) is permitted as part of a meal or snack.
<p>Cheese*</p> <p>Processed cheese, cheese slices, reduced fat cheddar</p>	<p>Cheese</p> <p>*2 tbs maximum Cottage cheese, ricotta, quark, low fat soft cheese, mascarpone, 2 slices halloumi.</p> <p>Cheddar, feta, mozzarella, brie, camembert, blue, cream cheese, Edam, goats.</p>
<p>Other dairy:</p>	<p>Other dairy:</p> <p>Butter, cream, sour cream, crème fraiche are low lactose in small amounts.</p>
<p>Custard*</p> <p>Standard custard made from cows/goats milk</p>	<p>Custard</p> <p>Soya custard /Custard desserts (Alpro - all flavours)</p> <p>*2 tbs maximum of normal custard is allowed. If making from powder use lactose-free milk.</p>
<p>Ice cream*</p> <p>Dairy ice cream, goats milk ice cream</p>	<p>Ice cream <i>check for other FODMAP's</i></p> <ul style="list-style-type: none"> • Lactose free ice-cream (Lactofree) • Soya ice cream (Swedish Glace) • *1 scoop maximum of normal ice cream.
<p>Chocolate*</p>	<p>Chocolate: Dark chocolate Ok</p> <p>*30g maximum of milk / white chocolate.</p>

*These foods are tolerated in small amounts - see suitable food column for amounts.

Low FODMAP Meal Plan: Choose from the following meal ideas:

Breakfast

- Porridge or wheat free cereal with suitable milk
- Wheat/rye- free toast with cheese/suitable jam/peanut butter
- 2 eggs on wheat/rye free or 100% sourdough spelt toast
- Cheese and chive omelette
- Smoothie made with suitable fruit and lactose-free yogurt
- Cooked breakfast - bacon, egg, tomato, hash brown with wheat/rye free or sourdough spelt toast

Lunch

- Wheat/rye free sandwich/pitta/wrap or wheat/rye free crispbread with tuna/sardines/salmon/egg/cheese/cold meat/poultry/ham with salad
- Homemade soup made with suitable vegetables and wheat free bread.
- Baked potato or rice with tuna/ cheese or homemade filling (e.g. chilli)
- Salad/rice salad/potato salad/gluten free pasta salad with cold meat/tuna/eggs/cheese
- Sushi/sashimi
- Suitable fruit/yoghurt

Dinner

- Steak /chop/fish/poultry /tofu/Quorn with suitable vegetables and rice/rice noodles/wheat free pasta/gluten free pasta/potato /polenta
- Risotto or omelette with salad
- Gluten free pasta/spaghetti with bolognaise (no onion/garlic) with salad
- Corn taco shells with beef mince, crème fraiche and salad
- Suitable fruit/fruit salad/ rice pudding/ice cream/yoghurt/custard.

Beverages

- Water +/- lemon
- Semi-skimmed milk (or alternative milk)
- Tea/coffee
- 1/3 glass (100ml) fruit juice/smoothie made with suitable fruit. Tip: add water to fruit juice to make a longer drink.
- Fruit squash - suitable fruit flavours (*check sweeteners*)

Snacks

- Suitable fruit
- Low fat yoghurt (*check ingredients + lactose free if needed*)
- Vegetable sticks and dip (*check for onion*)
- Cheese and tomato/ peanut butter on rice crackers/corn/oat cakes
- Handful of suitable nuts
- Occasionally: Potato crisps (unsalted, ready salted or salt and vinegar), popcorn, dark chocolate, wheat free / gluten free cakes.

Eating out on a low FODMAP diet

Eating out can be challenging on a low FODMAP diet. You need to choose carefully, but some restaurants and food outlets now provide wheat and gluten free options for those that need it, which can be a useful starting point.

Suitable choices for main meal:

- Fish, poultry or meat with potatoes, salad or vegetables (e.g. steak/fish and chips)
- Risotto (request no onion/leek) with suitable vegetables
- Baked potato with salad and suitable filling.
- Asian style rice or rice noodle dishes (check vegetables), sushi.
- Gluten free pizza (choose your own toppings)

Tips

- Avoid eating coatings, batter, sauces,
- Choose options that are without a sauce (e.g. steak, stir fry, risotto) Ask for sauce or gravy to be served in a separate dish
- Gluten free options avoid wheat but check for other ingredients e.g. leek in gluten free pie.

Enjoy eating out! Some people get symptoms when eating out because it is difficult to avoid all problem ingredients. However, eating out is a social experience and benefits should outweigh the symptoms.

What if my symptoms do not improve on a low FODMAP diet?

The low FODMAP diet is beneficial for many individuals with IBS-like symptoms but not for everyone. If you have followed the diet closely but your symptoms have not improved after 6 weeks please contact your doctor/dietitian for further advice.

What about foods not listed?

Further details on other foods and safe quantities can be found on the Monash University or low FODMAP food maestro apps:

<https://www.monashfodmap.com/ibs-central/i-have-ibs/starting-the-low-fodmap-diet/>

<https://www.foodmaestro.me/consumer-apps> (scroll down to bottom half of the webpage)

For further support, ideas for meals, recipes and information, please view our support page.



[Alexandra Falconer](#) | 02 Jul 2020 | [Gut Health](#), [Latest Articles](#)

NHS Fodmap Diet: The Complete Guide

If you've been diagnosed with [IBS](#), you've probably heard of the FODMAP diet. There's a lot of evidence to show it works to reduce the symptoms of IBS, so many doctors and NHS dieticians now recommend it to their patients. If you're wondering if it could help you, read on.

[Back to top](#)

Contents

[What is the NHS FODMAP diet?](#)

[Does a Low-FODMAP diet help IBS?](#)

[What You Can Eat on a Low-FODMAP Diet](#)

[What You Can't Eat on a Low-FODMAP Diet](#)

[How do I start a FODMAP diet?](#)

[FODMAP FAQs](#)

[Conclusion](#)

What is the NHS FODMAP diet?

Scientists at [Monash University in Australia](#) developed the FODMAP diet in 2004 in a bid to help the growing number of people suffering from IBS symptoms.

So the NHS didn't actually create the FODMAP diet. They just welcomed it as an effective way to help British people in the same way Australian doctors and dieticians had used it to help Australian people.



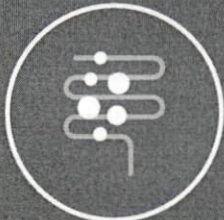


The FODMAP diet

how can the NHS help?

FODMAPs are types of carbohydrates that our gut bacteria love to eat. That's usually a good thing: **happy bacteria, happy gut.**

But many people with IBS symptoms find that eating high-FODMAP foods gives them



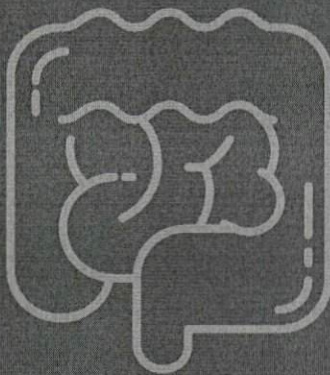
Bloating



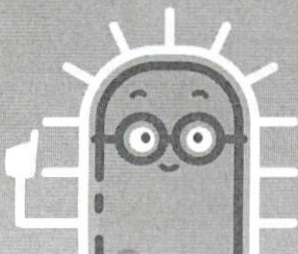
Diarrhoea



Pain



Constipation



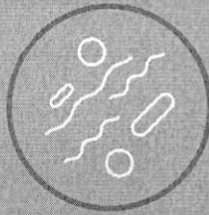
The NHS often recommends a low-FODMAP diet to people with IBS, because there's a lot of evidence to prove that it works to reduce symptoms. We at Healthpath often recommend it for the same reason.



tolerate them.

The low-FODMAP diet is a successful, proven method to address IBS symptoms, but it's **not a long-term solution.**

Why?



It can worsen dysbiosis through starving certain gut bacteria

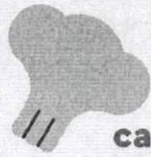


It restricts a lot of nutritious, fibre-rich whole foods

If you want to try it, get advice from a health professional first.
You'll have to eliminate some of your favourite foods for three to eight weeks, like



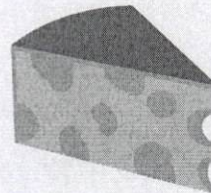
apples



cauliflower



onions



certain cheeses



pasta



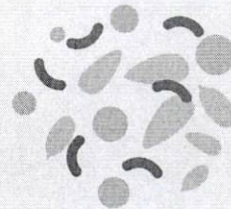
beans



bread



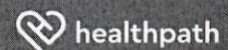
garlic



dried fruit

cashew nuts

www.healthpath.com



FODMAP stands for:

Fermentable

The 'fermentable' part describes what happens in your large intestine when you eat FODMAP carbohydrates.





The extra gas and water cause the intestinal wall to stretch and expand, causing pain and discomfort.

Oligosaccharides

The name oligosaccharide comes from the Greek oligos ('a few') and sacchar (sugar). Saccharide is just the scientific name for sugar. Chemically, every type of sugar (carbohydrate) is made up of one or more units of molecules. Oligosaccharides are made up of 'a few' units.

Oligosaccharides are a part of the fibre found in the plants we eat. Two sub-types of oligosaccharides in particular—FOS and inulin—are present in a significant part of the daily diet of most of the world's population.

Disaccharides

Just as oligosaccharides are made up of 'a few' carbohydrate units, disaccharides are made up of two.

Also called a double sugar, a disaccharide is formed by two monosaccharide units, or simple sugars. The most common disaccharides are sucrose, maltose, and lactose.

Monosaccharides

Monosaccharides (from the Greek monos, meaning single) or simple sugars consist of one sugar unit that can't be further broken down into simpler sugars. Examples of monosaccharides in foods are glucose, fructose and galactose.

Polyols

Often called 'sugar alcohols', polyols are naturally occurring in certain fruits and vegetables and often added to foods as a reduced-calorie alternative to sugar.

Find out how to repair your
gut health, talk to our
experts for free.

[BOOK FREE CONSULTATION](#)

[Back to top](#)

Does a low-FODMAP diet help IBS?

Low-FODMAP diets have helped a lot of people with IBS symptoms.





containing foods from their diet. ([Source: PUBMED NCBI](#)), ([Source: PUBMED NCBI](#)), ([Source: PUBMED NCBI](#)).

Why Does a Low-FODMAP Diet Help IBS?

Many researchers have investigated how and why the low-FODMAP diet works.

The low-FODMAP diet changes your microbiome by restricting the carbohydrates in your diet that bacteria love to eat. As a result, they die off, or at least become less active ([Source: NCBI](#)).

The conditions below are all possible causes of IBS symptoms. There's one thing they all have in common: dysbiosis (an imbalance of the microbes in your gut). While we don't know exactly which microbes the low-FODMAP diet reduces, or whether they disappear temporarily or permanently, we do know that the low-FODMAP diet works through manipulating your gut bacteria ([Source: NCBI](#)).

SIBO

In some cases, [small intestinal bacterial overgrowth](#), also known as SIBO, contributes to FODMAP intolerance ([Source: PUBMED NCBI](#)).

Too many bacteria in the small intestine cause excessive fermentation of FODMAP carbohydrates, increasing gas levels and encouraging yet more gut bacteria to grow.

Lack of digestive enzymes

Some people—for a variety of reasons—don't produce enough digestive enzymes in their guts to break down FODMAPs before they reach the colon ([Source: NCBI](#)). This can cause the bacteria there to have a party and multiply, giving off gases and prompting the colon to take in more water.

Stress

Emotional and physical stress contribute to the development of IBS symptoms, and could induce FODMAP intolerance for reasons we don't understand yet ([Source: PDFS](#)), but an unbalanced microbiome is likely to blame. Stress changes the makeup of microbes in your gut ([Source: PUBMED NCBI](#)), which could be the reason why stress, FODMAP intolerance, and IBS are so closely linked.

[Back to top](#)

Find the root cause of your
symptoms.

[VIEW OUR GUT HEALTH
TESTS](#)





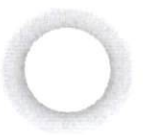
- Aubergine
- Bamboo shoots
- Bean sprouts
- Broccoli
- Cabbage (common and red)
- Carrots
- Celery (less than 5cm stalk)
- Chickpeas
- (1/4 cup max)
- Corn (1/2 cob max)
- Courgette
- Cucumber
- Green beans
- Green pepper
- Kale
- Lettuce
- Parsnip
- Potato
- Pumpkin
- Red peppers
- Scallions
- Spring onions (green part)
- Squash
- Sweet potato
- Tomatoes
- Turnip

Fruit

- Bananas
- Blueberries
- Cantaloupe
- Cranberry
- Clementine
- Grapes
- Melons
- Kiwifruit
- Lemon
- Orange
- Pineapple
- Raspberry
- Rhubarb
- Strawberry

Meat

All unprocessed meats and fish





- Gluten-free foods (breads, pasta, biscuits)
- Buckwheat
- Cornflour
- Popcorn
- Rice
- Tortilla chips

Nuts

- Almonds (max of 15)
- Chestnuts
- Hazelnuts
- Macadamia nuts
- Peanuts
- Pecans (max of 15)
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Milk alternatives

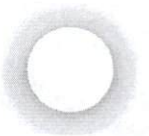
- Almond milk
- Coconut milk
- Hemp milk
- Lactose free milk
- Oat milk (30ml max)
- Rice milk (200ml max)

Dairy/eggs

- Butter
- Dark chocolate
- Eggs
- Milk chocolate (3 squares max)
- White chocolate (3 squares max)
- Brie
- Camembert
- Cheddar
- Cottage cheese
- Feta
- Mozzarella
- Parmesan
- Swiss

[Back to top](#)

What *can't* you eat on a low-FODMAP diet?





- Asparagus
- Beans (black, broad, kidney, lima, soya)
- Cauliflower
- Cabbage (Savoy)
- Mange tout
- Mushrooms
- Peas
- Spring onions (white part)

Fruit

- Apples
- Apricot
- Avocado
- Bananas
- Blackberries
- Grapefruit
- Mango
- Peaches
- Pears
- Plums
- Raisins
- Sultanas
- Watermelon

Meat

- Chorizo
- Sausages
- Processed meat

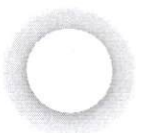
Grains

- Barley
- Bran
- Couscous
- Gnocchi
- Granola
- Muesli
- Muffins
- Rye
- Semolina
- Spelt
- Wheat (bread, cereal, pasta)

Nuts

- Cashews
- Pistachios

Dairy products





- Буллетник
- Cream
- Custard
- Greek yoghurt
- Ice cream
- Sour cream
- Yoghurt
- Cream cheese
- Ricotta cheese

[Back to top](#)

How do I start a FODMAP diet?

A low-FODMAP diet involves three phases:

Elimination

In this phase, which can last from three to eight weeks depending on your response to the diet, you eliminate all high-FODMAP foods from your diet.

Reintroduction

Once the elimination phase is over and your symptoms have gone (or are at least better), you can start reintroducing FODMAP foods into your diet one at a time, about every six days. This is so you can tell which foods trigger your symptoms.

Maintenance

This is where you return to a regular diet as much as possible, limiting only the FODMAP foods that cause IBS symptoms. Some people may be able to incorporate all or most FODMAPs back into their diet without symptoms, while others may struggle to reintroduce any at all.

Studies show ([Source: PUBMED NCBI](#)) that symptoms can continue to improve for a long time after reducing FODMAPs in your diet and even after reintroducing some of them. However, if all or many FODMAP foods continue to trigger your symptoms, you should seek the advice of a dietician, [Functional Medicine Practitioner](#) or [Registered Nutritional Therapist](#).

Find out how to repair your
gut health, talk to our
experts for free.

[BOOK FREE CONSULTATION](#)





[Back to top](#)

FODMAP FAQs

When is the diet appropriate?

A health professional may recommend a low-FODMAP diet if you are experiencing [IBS symptoms](#).

In one 2014 study, a low-FODMAP diet improved the IBS symptoms of both constipation and diarrhoea. As FODMAPs are known to produce gas and draw water into the colon, it makes sense that people with abdominal pain and diarrhoea improve on the diet, but people with constipation can also improve. This might be because less gas and [bloating](#) could improve the muscular movements of the colon.

However many constipation sufferers report the opposite effect: their symptoms get worse on a low-FODMAP diet. This could be because FODMAPs have a natural laxative effect which speeds up their digestion. It could also be because if you don't follow the low-FODMAP diet well, you could end up inadvertently reducing fibre, which can worsen constipation. A Functional Medicine Practitioner or Registered Nutritional Therapist can support you on your low-FODMAP journey and make sure you're getting the right range and levels of nutrients.

Do I need to follow the FODMAP diet forever?

Both the NHS and Monash University say you should only follow the first phase of the low-FODMAP diet for three to eight weeks.

Fructans and galacto-oligosaccharides (the 'F' of FODMAPs) are prebiotics: that means they feed bacteria. So restricting them may starve beneficial bacteria ([Source: NCBI](#)). Studies have shown that a diet very low in FODMAPs reduces a type of bacteria called Bifidobacteria ([Source: NCBI](#)).

Studies have also demonstrated reduced Bifidobacteria in IBS patients compared with healthy controls ([Source: NCBI](#)), which suggests that the effect of a strict low-FODMAP diet might be counterproductive. Interestingly, the low-FODMAP diet has also been shown to reduce some butyrate-producing bacteria. As butyrate is a substance we can't make ourselves (we rely on our bacteria to produce it) and is essential for the health of our colon ([Source: NCBI](#)), this proves that a low-FODMAP diet is not always a good idea for everyone.

However, there's other evidence that some all-important mucus-degrading bacteria are actually increased with strict reduction of FODMAPs ([Source: NCBI](#)).

We clearly need more research on how FODMAPs affect the microbiome.

The bottom line? Opinions vary on whether you 'have' to start reintroducing FODMAPs after the initial exclusion phase. At Healthpath, we always try to balance managing your symptoms with tackling the root cause of them. So we suggest reintroducing FODMAPs systematically and carefully as soon as you're ready.

Can I eat 'this' on the diet?

There are FODMAP diet lists all over the internet, and they're all different. We recommend going straight to the source: the [Monash University FODMAP web pages](#). You can also download a useful app for your phone for a small charge.

How does the Healthpath food plan differ from the low-FODMAP diet?

Our Functional Medicine Practitioners and Registered Nutritional Therapists create each person's food plan based on the results of their tests and their individual symptoms. They use their own expertise and experience to decide what to recommend to each client. A low-FODMAP diet might be appropriate for one customer, but not for



The experts who created the low-FODMAP diet suggest an exclusion phase of all high-FODMAP foods for three to eight weeks. After that, they suggest that you reintroduce certain foods on a rolling six-day schedule: three days of consistently eating the food and three days of rest to watch your body's reactions before you introduce the next food.

Except for the food you're introducing, you should eat a low-FODMAP diet during the whole reintroduction period.

On the first days, eat one serving of a food from the FODMAP group you've chosen, increasing the serving size every day if your symptoms don't come back. If they do, fast-forward to the three rest days. Then do the same for each FODMAP group.

The three rest days are for you to note down your symptoms and let your gut go back to 'normal' before you try again with the next challenge food.

Should I only follow FODMAP or can I also do another diet like paleo at the same time?

You could combine low-FODMAP with another diet but only for a short time, as long-term restrictive diets can lead to nutrient deficiencies. You should get professional advice—either from us, or from your GP, nutritionist or dietician—if you'd like to do this.

Can I do intermittent fasting whilst on the low-FODMAP diet?

Intermittent fasting has been shown to give many health benefits ([Source: NCBI](#)), but it isn't for everyone. If you're pregnant, have diabetes or have lived with an eating disorder, you shouldn't try intermittent fasting. Talk to your GP if you're unsure.

However if you're healthy, fasting could do wonders for your gut health ([Source: CAMBRIDGE](#)), and there's no reason not to combine it with the low-FODMAP diet.

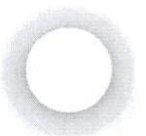
[Back to top](#)

Key takeaways

- The NHS often recommend the low-FODMAP diet for IBS because it's had great results for a lot of people in reducing their IBS symptoms.
- Our Registered Nutritional Therapists and Functional Medicine Practitioners at Healthpath use it for the same reason.
- It's important to remember that the low-FODMAP diet wasn't invented as a long-term solution for IBS, and shouldn't be used for longer than three to eight weeks.
- The low-FODMAP diet starves gut bacteria. That's how it works. So if it works for you, while it's good news that your symptoms have improved, it's also a sign that you need to pay your gut some attention.
- The low-FODMAP diet addresses the symptoms of IBS, not the causes. At Healthpath, it's our mission to dig deeper and tackle the reasons why FODMAPs became a problem for you in the first place.

[Back to top](#)

Author



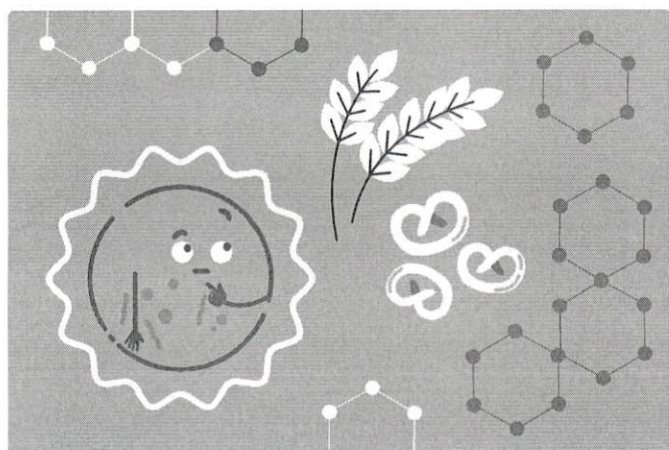


Before her natural health career, Alex was a journalist and copywriter. She continues to write for magazines and media agencies, and now combines her two great passions—writing and health—by creating content that empowers people to claim their right to a healthy body and mind.

[Back to top](#)

Tags: [#Bacteria](#), [#Diet](#), [#FODMAP](#), [#FODMAP Diet](#), [#FODMAPS](#), [#IBS](#), [#IBS Symptoms](#), [#Low FODMAP](#), [#NCBI](#), [#Symptoms](#)

Other articles you might like

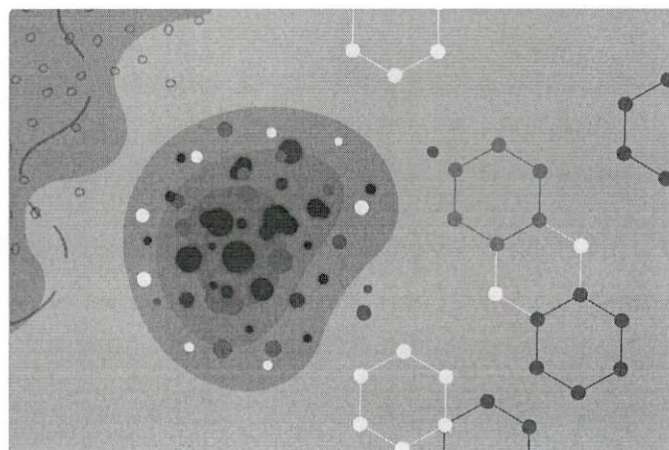


Alexandra Falconer | 30 Nov 2021

What Causes Food Intolerances?

Nobody really knows for sure what causes food intolerances. Research is beginning to help us uncover some of the likely ...

[#causes of food intolerance](#), [#F...](#)



Alexandra Falconer | 19 Nov 2021

Symptoms Of Mould Exposure

Moulds are microscopic fungi that exist all throughout our environment, both in the natural world and in our homes and ...

[#mould](#), [#mould exposure](#), [#se...](#)

SOLUTIONS

- [Tests](#)
- [Supplements](#)
- [Programs](#)
- [Practitioners](#)
- [Partnerships](#)

LEARN

- [Help](#)
- [Community](#)
- [Science](#)
- [Symptoms](#)
- [Blog](#)

COMPANY

- [About](#)
- [Website terms of use](#)
- [Terms and conditions](#)
- [Terms for consultations](#)
- [Privacy policy](#)
- [Contact us](#)
- [Returns](#)

GET IN TOUCH

- [Live chat](#)
- hello@healthpath.com
- 85 Great Portland Street,
First Floor, London, United
Kingdom, W1W 7LT

stripe



THE LOW FODMAP DIET CHART

