

FODMAP DIET

Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols



GASTROINTESTINAL & LIVER
CONSULTANTS



FOODS TO ENJOY LOW FODMAP

Vegetables

Bell peppers, bok choy, carrots, corn, cucumbers, eggplant, leeks (green part), lettuce, potatoes, tomato, zucchini and more



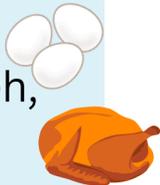
Fruits

Banana, blueberries, grape, melon (except watermelon), pineapple, oranges, strawberries and more



Protein

Chicken, eggs, fish, meat, tempeh, tofu and more



Dairy & alternatives

Almond milk, lactose-free milk, soy milk, brie cheese, feta cheese, hard cheeses and more



Grains

Gluten-free bread and cereals, rice, oats, quinoa and more



Nuts/seeds

Almonds (in small amounts), macadamias, peanuts, pumpkin seeds and more



Beverages

Water, tea, coffee (avoid if you are sensitive to caffeine) and more



FOODS TO AVOID HIGH FODMAP



Oligosaccharides

Includes foods like wheat, rye, onions, garlic, legumes/pulses

Disaccharides

Primary example is lactose, which is found in milk, yogurt, and soft cheeses

Monosaccharides

Primary example is fructose, which is in fruits such as apples, pears, mangoes, cherries, watermelon, asparagus, sugar snap peas, and honey

Polyols

These are found in fruits and vegetables including apples, apricots, blackberries, cherries, peaches, pears, nectarines, plums, mushrooms, and foods with artificial sweeteners.

Low FODMAP diet may reduce bloating. However, remember that everyone's body is different and you should always consult with a healthcare provider before making significant dietary changes.

It is also important to note that this diet is usually not a permanent dietary change. The goal is often to restrict these foods temporarily, then reintroduce them one by one to see which ones cause symptoms. This is often done under the supervision of a dietitian.

Gastrointestinal & Liver Consultants

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