

Low-FODMAP diet suggested foods

Some carbohydrates can cause irritation to the bowels and contribute to these symptoms.

When considering a diet that involves avoiding a long list of foods, it is beneficial to look at foods that are acceptable on the diet. Below are low-FODMAP foods typically tolerated categorized by food group.

FODMAPs are short chain carbohydrates (oligosaccharides), disaccharides, monosaccharides and ***related alcohols that are poorly absorbed in the small intestine.***

Vegetables: bamboo shoots, bell peppers, bok choy, cucumbers, carrots, corn, eggplant (aubergine), lettuce, leafy greens, pumpkin, potatoes, squash (butternut, winter), yams, tomatoes, zucchini (courgette)

Fruits: bananas, berries (not blackberries or boysenberries), cantaloupe, grapes, grapefruit, honeydew, kiwifruit, kumquat, lemon, lime, mandarin, orange, passion fruit, pawpaw, pineapple, rhubarb, tangerine, tomatoes

Protein: beef, chicken, canned tuna, eggs, egg whites, fish, lamb, pork, shellfish, turkey, cold cuts (all prepared without added FODMAP containing foods), nuts (not cashews or pistachios), nut butters, seeds

Dairy and non-dairy alternatives: lactose-free dairy, small amounts of: cream cheese, half and half, hard cheeses (cheddar, Colby, Parmesan, Swiss), mozzarella, sherbet, (almond milk, rice milk, rice-milk ice-cream)

Grains: wheat-free grains/wheat-free flours (including gluten-free grains, which are free of wheat, barley and rye) and products made with these (e.g. bagels, breads, crackers, noodles, pancakes, pastas, pretzels, waffles); corn flakes, cream of rice, grits, oats, quinoa, rice, tapioca, corn tortillas.

Beverage options: water, coffee and tea, low FODMAP fruit/vegetable juices (limit to ½ cup at a time)