



Low FODMAP Diet

For short term, therapeutic use

What are FODMAPs

FODMAPs are types of carbohydrates and sugars found in the foods we eat. You can now find processed food and ready-to-go meals that identify themselves as 'FODMAP friendly'. So what are FODMAPs and how do they fit into your health puzzle?

FODMAP is an acronym for:

Fermentable

Oligosaccharides (eg. Fructans and Galacto-oligosaccharides (GOS))

Disaccharides (eg. Lactose)

Monosaccharides (eg. excess Fructose)

And

Polyols (eg. Sorbitol, Mannitol, Maltitol, Xylitol and Isomalt)

Why can they be a problem?

When the FODMAP molecules are poorly absorbed in the small intestine of the digestive tract, they continue along the digestive tract, arriving at the large intestine where they act as a food source to the bacteria that live there normally.

The bacteria then digest (ferment) these FODMAPs but for those people with inadequate bacteria in the large intestine, this process can result in some of the following symptoms: gas, bloating, sense of fullness, loose bowel motions, constipation, reflux and heartburn. Otherwise known as IBS.

For those people with SIBO, the bacteria might be in the wrong place, ie, in the small intestine which creates a lot of the same symptoms, just much sooner after eating.



FODMAPs and disease

Some food sources are higher in FODMAPs so for many people, particularly those who experience IBS symptoms, this food can be a trigger.

If you do experience IBS be aware that these foods may not be the only trigger for you. Whilst they may be responsible for your digestive upsets, you may remove these foods and still experience symptoms. That is because other foods or chemicals can also trigger IBS as well as an active or history of pathogenic infection.

Whilst for many avoiding FODMAP foods may be beneficial from a symptom management perspective, it may only serve as a bandaid treatment and can act as a temporary relief while the underlying 'root cause' is managed.

Many people are told to stay on a FODMAP diet forever to control their IBS. This tends to result in further complications as the beneficial bacterial numbers tend to decline over time because the food they need is restricted by being on a low FODMAP diet. At MFM our objective is to help you tolerate eating more of these foods, gradually over time by improving the function and ecology of the gut.

Working with your Functional Medicine Practitioner to determine and then treat underlying cause is a critical step in regaining optimal digestive health. Removing these foods from your diet should be part of a well formulated health plan and act as an important, but temporary part of your recovery and treatment.



How important is testing?

Determining your sensitivity to FODMAPs may have in the past been investigated in a number of ways and can depend on your presenting symptoms and health history. Whilst elimination is the most time and effort intensive, it is the most accurate method.

Breath testing

There are 5 FODMAP groups, only 3 of which can be tested by breath and of those, the 2 that are the most common to be tested are lactose and fructose. According Research Dieticians at Monash University, neither of these tests is reliably diagnostic. Read more in the following articles:

[Lactose breath testing - Is it really useful?](#)

[How important is fructose breath testing in the FODMAP approach?](#)

MFM at home digestion tests

You may have been provided with 4 MFM Digestion Tests to perform at home. It is worth noting that 3 out of the 4 of these tests are FODMAPs so your response to these carbohydrates will form part of your diagnostic health picture.

Testing by food elimination

At MFM, we recommend that the best way to determine a potential sensitivity to FODMAPs is to follow a process of elimination followed by systematic re-introduction. We also understand that eliminating food from your diet may be a challenge to incorporate into your lifestyle, which is why your health coach will be there to support you every step of the way.

If your practitioner has recommended a FODMAP elimination diet, we trust the following pages will be a useful resource.

Better understanding FODMAPs in Food

High FODMAP foods can be categorised into these groups:

- Fructose** A sugar found in most fruits and vegetables
- Lactose** A sugar found in dairy foods like milk
- Polyols** Naturally occurring sugar alcohols like xylitol, sorbitol, maltitol and mannitol. Found mainly in artificial sweeteners, chewing gum and some plant and fungi.
- Fructans** Very similar to fructose, found in many vegetables and grains
- Galactans** Found primarily in legumes.

To get started with a low FODMAP diet, follow the treatment advice outlined by your practitioner with the support of your coach.



FODMAPs are actually very beneficial for good long term gut health and given this, the low FODMAP diet is intended to be used a short term, therapeutic intervention whilst the root cause of your symptoms are being resolved.

Tips for success



- Be prepared - take snacks with you when you leave the house
- Cook double batches so that you aren't having to cook all of the time making a big evening meal will give you leftovers for lunch the next day
- Read every label every time
- If going out to a restaurant go to their website and find what you can have first.
- Avoid restaurants during peak times like Saturday at 8pm you are less likely to be able to have special needs met
- Remember to read labels on processed food
- Engage the support of your MFM Health Coach!

Low FODMAP foods to include

Vegetables

Alfalfa
Bamboo shoots
Bean sprouts
Beetroot, canned and pickled
Bok choy / pak choy
Broccoli 1/2 cup
Brussels sprouts - 2 sprouts
Butternut squash - 1/4 cup
Cabbage up to 3/4 cup
Carrots
Celeriac
Chilli
Chives
Choy sum
Collard greens
Zucchini - 65g
Cucumber
Eggplant - 1 cup
Fennel
Green beans
Green capsicum - 1/2 cup
Ginger
Kale
Leek leaves
Lettuce
Okra
Olives
Parsnip
Peas, snow - 5 pods
Potato
Pumpkin
Radish
Red capsicum
Spring onions (green part)
Seaweed / nori
Silverbeet
Spaghetti
Spinach
Squash
Swede
Sweet potato - 1/2 cup
Tomato - 1/2 cup
Turnip - 1/2 turnip
Water chestnuts
Yam / Sweet potato

Fruit

Bananas, unripe - 1 medium
Blueberries - 1/4 cup
Cantaloupe - 3/4 cup
Cranberry - 1 tbsp
Coconut
Dragon fruit
Grapes, red and white - 28g
Guava, ripe
Honeydew - 1/2 cup
Kiwifruit - 2 small
Lemon
Lime
Mandarin
Orange
Passionfruit
Paw paw / Papaya
Pineapple
Raspberry
Rhubarb
Strawberry - about 5
Tangelo

Grains

Gluten Free

Amaranth
Buckwheat
Corn
Millet
Oats: rolled, steel cut
Quinoa
Rice Basmati, black, brown, purple, red, wild
Sorghum
Teff
Sourdough and spelt bread

Legumes / beans

Chick peas - 1/4 cup from a tin
Lentils - in small amounts
Tempeh
Tofu - drained and firm varieties

Meat

Beef
Chicken
Chorizo
Foie gras
Kangaroo
Lamb
Pork
Prosciutto
Quorn, mince
Turkey

Cold cuts / deli meat / cold meats such as ham and turkey breast

Processed meat - check ingredients

Seafood

Canned tuna
All fresh fish eg:
Cod
Haddock
Plaice
Salmon
Trout
Tuna
Crab
Lobster
Mussels
Oysters
Prawns

Nuts and seeds

| | |
|-----------|-----------|
| Brazil | Peanut |
| Chestnut | Pine |
| Chia | Poppy |
| Flaxseed | Pumpkin |
| Hazelnut | Sesame |
| Hemp | Sunflower |
| Macadamia | Walnuts |
| Pecan | |

Low FODMAP foods to include

Dairy & Eggs

Butter

Hard cheeses

Cheddar

Cottage - 2 tablespoons

Feta

Haloumi - 40g

Mozzarella

Paneer - 2 tbsp

Parmesan

Ricotta - 2 tablespoons

Swiss

Egg

Margarine

Almond milk

Hemp milk - 125ml

Lactose free milk

Macadamia milk

Oat milk - 30 ml, enough for cereal

Rice milk - up to 200ml per sitting

Lactose free dairy milk

Coconut yoghurt

Greek yoghurt - 23g

Lactose free yoghurt

Goats yoghurt

Lactose free dairy yoghurt

Fats and oils

Avocado

Butter

Coconut

Ghee/clarified

butter

Lard

Avocado oil

Canola oil

Coconut oil

Olive oil

Peanut oil

Rice bran oil

Sesame oil

Soybean oil

Sunflower oil

Vegetable oil

Herbs & spices

All herbs and spices

High FODMAP foods - avoid or reduce

Vegetables

| | |
|-------------------|----------------------|
| Artichoke | Onions |
| Asparagus | Onion Powder |
| Beetroot | Shallots |
| Celery | Peas |
| Cabbage, savoy | Snow Peas |
| Cassava | Sugar snap Peas |
| Cauliflower | Spring Onion |
| Corn | (can use green tips) |
| Garlic | Taro |
| Karela | |
| Leeks | |
| Mushroom - button | |

Legumes / beans

| | |
|----------------|--|
| Baked beans | Chickpeas and Lentils - if prepared from dried |
| Black beans | |
| Borlotti beans | |
| Broad beans | |
| Four bean mix | |
| Haricot beans | Lima beans (1/2 cup is moderate) |
| Kidney beans | Mung beans (1/2 cup is moderate) |
| Soya beans | |
| Split peas | |

Fruit

| | |
|-----------------------|-------------------|
| Apples (incl dried) | Mangoes |
| Applesauce | Nectarines |
| Apricots (incl dried) | Peaches |
| Asian pears | Pears |
| Blackberries | Persimmon |
| Boysenberries | Pineapple (dried) |
| Cherries | Plums |
| Currants | Prunes |
| Dates | Raisins |
| Feijoa | Sultanas |
| Figs (incl dried) | Tamarillo |
| Goji berries (dried) | Watermelon |
| Grapefruit | |
| Lychee | |

Meat

Meats containing onion, garlic, or garlic powders, dehydrated powders, bread crumbs, dried fruits.

Marinades/sauces/gravies when prepared with meats may contain high-FODMAPs

Dairy & alternatives

| | |
|--|--|
| Buttermilk | Dairy Cow milk |
| Condensed milk | Goat milk |
| Cream cheese (2 tablespoons, moderate) | Skim milk |
| Cream | Oat milk |
| Creme fraiche | Rice milk |
| Custard | Soy milk(soy beans/ sweetened/unsweetened) |
| Ice cream | Milk powder (milk solids) |
| Kefir | |

Yoghurt:
Made from cow/goat/sheep's milk
Low fat
Flavoured

Grains/Flours

| | |
|------------------|--------------|
| Almond meal | Couscous |
| Khorasan (kamut) | Lentil flour |
| Wheat | Pea flour |
| Amaranth | Rye |
| Barley | Soy flour |
| Chickpea flour | Triticale |

Nuts and seeds

Almonds
Pistachio
Cashews

High FODMAP foods - avoid or reduce

Sweeteners

Agave nectar
Honey
Sugar alcohols:
Isomalt
Maltitol
Mannitol
Sorbitol
Xylitol
High fructose corn syrup
Corn syrup solids
Fructose
Pear juice
Fruit juice concentrate

'Sugar Free'

Sorbitol
Mannitol
Maltitol
Xylitol
Polydextrose
Isomalt
Mints
Candy
Desserts

Any label warnings that say: "Excess consumption may have a laxative effect"

Beverages

Apple
Apple and Raspberry cordial
Pear
Tropical and mango juices
Orange
Orange cordials
Chicory-based coffee
Fennel tea
Chamomile tea
Oolong tea
Coconut water - if drinking more than one cup
Sports drinks

More than a 1/2 cup of any fruit juice.
Chai tea (weak with added soy milk = moderate)
Herbal tea (weak = moderate)
Kombucha
Beer - if drinking more than one bottle
Rum
Wine - if drinking more than one glass



How do I reintroduce FODMAPS?

Your MFM team is here to support you with re-introduction. Please also see our guide "MFM FODMAP Challenge Protocol."