

Short Handout

The FODMaP Diet

What is FODMaP?

This is a dietary approach that a growing amount of research has shown to reduce symptoms of irritable bowel syndrome. It works in two ways. 1, It is low in sugars that are difficult to absorb that can lead to fermentation and gas. And 2, reducing the sugar also reduces the osmotic pull of fluids into the intestine which can worsen diarrhea. This may explain that although research shows that FODMaP improved symptoms by 50% for both diarrhea and constipation dominant IBS, it only reduced stool frequency for IBS dominated by diarrhea. The research on the FODMaP is strong enough that it is now a first line treatment for IBS.¹⁻³

The FODMaP Sugars

F=Fermentable Sugars (when in contact with gut microbiome, ferment gas)

O=Oligosaccharides.

These are fructans that include wheat, rye, onion, garlic, beans and some vegetables. This is unfortunate as many of these are really good for you. Wheat is omitted for its sugar, not for its protein (gluten). But a cross-over benefit may occur in those with gluten intolerance.

D=Di-saccharides

Lactose in milk and dairy products

M=Monosaccharide

Fructose in high fructose corn syrup, honey and some fruits.


a=and

P=Polyol sweeteners

Any sugar ending in -ol such as xylitol, sorbitol, etc. Be careful of sugarless chewing gums and any food with artificial sweeteners.

Modified FODMaP

The FODMaP diet runs the risk of significantly reducing the intake of fruits and vegetables, which could have negative long-term health consequences. Although not studied, some may benefit from a "Modified FODMaP diet" to allow the continued intake of these important foods for long-term health. Consider starting by having patients significantly reduce their FODMaP sugar load by avoiding dairy, wheat (breads and crackers), rye, high-fructose corn syrup, honey and polyol sugars (first row of the chart below). If this doesn't work, they can then do the full FODMaP diet that is described in the below chart. Another [patient handout](#) from Stanford University may also prove helpful.

Consider starting with the first row (modified FODMaP) and progress to full FODMaP if needed.	FODMaP Diet			
	Fructose	Lactose	Oligosaccharides	Polyols
Avoid (modified FODMaP) Start Here 	<input type="checkbox"/> High fructose corn syrup and Honey	<input type="checkbox"/> Anything made from cow, goat or sheep milk that would include lactose.	<input type="checkbox"/> Cereals: Wheat & Rye. Avoid breads, pasta, crackers and biscuits. (Avoid white foods)	<input type="checkbox"/> Sweeteners that end in "ol": Sorbitol, mannitol, xylitol, malitol. Beware of sugarless gum and anything that is artificially sweetened.
Avoid	<input type="checkbox"/> Fruits: apples, pears, peaches, mango, watermelon, nectarine, plums, prunes, cherries and lychee.	<input type="checkbox"/> Yogurt	<input type="checkbox"/> Legumes: chickpeas, lentils, kidney beans, baked beans.	
Avoid	<input type="checkbox"/> Avoid large servings of fruit in one sitting. Avoid dried fruit, bowls of fruit or fruit juice.	<input type="checkbox"/> Cheeses	<input type="checkbox"/> Vegetables: artichokes, asparagus, Brussels sprout, broccoli, cabbage, garlic, onions, peas, and leaks.	
OK to Eat	<input checked="" type="checkbox"/> Fruit: blueberry, banana, grapefruit, grape, honeydew melon, lemon, lime, mandarin, orange, passion fruit, raspberry, strawberry, tangelo, kiwifruit.	<input checked="" type="checkbox"/> Lactose free milk and rice milk. Ice cream substitutes such as sorbet and gelati. Butter is OK in small amounts.	<input checked="" type="checkbox"/> Cereals: gluten-free products. Spelt bread and cereal products.	<input checked="" type="checkbox"/> Sweeteners: Any sweetener other than polyols. This can include stevia (Truvia), agave, sucralose (Splenda), saccharine (Sweet'N Low), aspartame (Equal, NutraSweet)
OK to Eat	<input checked="" type="checkbox"/> Honey Substitutes: maple syrup in small amounts.	<input checked="" type="checkbox"/> Lactose free yogurt	<input checked="" type="checkbox"/> Garlic Substitute: garlic-infused oils.	
OK to Eat		<input checked="" type="checkbox"/> Hard cheeses such as cheddar, asiago & parmesan.	<input checked="" type="checkbox"/> Vegetables: Carrot, celery, corn, capsicum, eggplant, green beans, lettuce, pumpkin, tomato, bok choy and bamboo.	

This chart was modified from a chart by Gibson and Colleagues.⁴

1. Halmos EP, Power VA, Shepherd SJ, Gibson PR, Muir JG. A Diet Low in FODMAPs Reduces Symptoms of Irritable Bowel Syndrome. *Gastroenterology*. Jan 2014;146(1):67-75 e65.
2. de Roest RH, Dobbs BR, Chapman BA, et al. The low FODMAP diet improves gastrointestinal symptoms in patients with irritable bowel syndrome: a prospective study. *International journal of clinical practice*. Sep 2013;67(9):895-903.
3. Staudacher HM, Whelan K, Irving PM, Lomer MC. Comparison of symptom response following advice for a diet low in fermentable carbohydrates

- (FODMAPs) versus standard dietary advice in patients with irritable bowel syndrome. *Journal of human nutrition and dietetics : the official journal of the British Dietetic Association*. 2011;24(5):487-495.
4. Gibson PR, Shepherd SJ. Evidence-based dietary management of functional gastrointestinal symptoms: The FODMAP approach. *Journal of gastroenterology and hepatology*. 2010;25(2):252-258.