

Low FODMAP Diet: Patient Information

A guide for people with Inflammatory Bowel Disease (IBD)

What Are FODMAPs?

FODMAPs are certain carbohydrates that can cause digestive discomfort in some people.

FODMAP stands for:

- **F**ermentable
- **O**ligosaccharides – fructans (FOS) and galactooligosaccharides (GOS)
- **D**isaccharides – lactose
- **M**onosaccharides – excess fructose
- **P**olyols – sorbitol, mannitol, and similar sugar alcohols

For people with IBD, these carbs may be poorly absorbed, leading to bloating, gas, pain, and bowel changes. Following a low FODMAP plan under a Registered Dietitian's guidance can help reduce symptoms.

Phases of the Low FODMAP Diet

Phase	Action	Purpose
1. Elimination (3-8 Weeks)	Remove high FODMAP foods from your diet.	See if symptoms improve.
2. Reintroduction	Add high FODMAP foods back, one at a time.	Identify which foods cause symptoms.
3. Personalization	Keep as many foods as possible that don't trigger symptoms.	Maintain variety and nutrition.

Before You Begin

- Speak to your Gastroenterologist or consult a Registered Dietitian for tailored advice.
- Record your food and symptoms for at least 3 days before starting.

Food Choices: Low vs. High FODMAP

Category	Limit/Avoid (High FODMAP)	Better Options (Low FODMAP)
Vegetables	Artichoke, asparagus, cauliflower, garlic, peas, leek, mushrooms, onion, sugar snap peas	Eggplant, green beans, bok choy, broccoli, carrot, cucumber, kale, lettuce, bell pepper, potato, tomato, zucchini
Fruits	Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon	Blueberries* (small), cantaloupe, grapes, kiwi, mandarin, orange, pineapple, raspberries* (small), strawberries
Protein	Cow's milk, custard, ice cream, sweetened condensed milk, soy milk (soy beans), most legumes, some processed meats	Almond milk, lactose-free milk/yogurt, soy milk (soy protein), eggs, firm tofu, plain meats, tempeh, brie, camembert, feta, hard cheeses
Grains	Wheat, rye, barley breads/cereals/crackers/biscuits	Oats, quinoa, corn pasta, rice (all), plain rice cakes, sourdough spelt bread, gluten-free bread without high FODMAP ingredients
Sweeteners	Honey, high fructose corn syrup, sugar alcohols (sorbitol, mannitol, xylitol, maltitol)	Maple syrup, rice malt syrup, table sugar, small amounts dark chocolate
Nuts & Seeds	Cashews, pistachios	Almonds* (small), peanuts, macadamias, pumpkin seeds, sunflower seeds, walnuts

*Limit portion size for blueberries and raspberries.

Tips for Success

- Eat a balanced diet that follows Canada's Food Guide.
- Use herbs/spices instead of onion/garlic (e.g., basil, cumin, rosemary, ginger).
- Avoid drinks with high fructose corn syrup—choose water, coffee/tea, or suitable herbal teas.
- Healthy oils (olive, avocado, canola) do not contain FODMAPs—use in moderation.

Reintroducing High FODMAP Foods

Begin after 3–8 weeks of elimination.

- Test one food at a time from a FODMAP group in a normal portion on 3 separate days in a week.
- Keep a symptom diary.
- If symptoms occur, try a smaller portion or test another food from that group.

Group	Examples
Oligosaccharides	Wheat, rye, barley, beans, lentils, cashews, pistachios, onions, garlic, asparagus
Disaccharides (lactose)	Milk, ice cream, yogurt, ricotta, sour cream
Monosaccharides (excess fructose)	Apples, mango, pears, honey, sweetened drinks, tomato products
Polyols	Apples, avocado, stone fruits, cauliflower, mushrooms, sorbitol, mannitol, xylitol

Special Considerations

- The diet can be low in fibre—include low FODMAP fruits, vegetables, and whole grains daily.
- Gluten-free is not required unless you have celiac disease, but many gluten-free foods are low FODMAP.

Sample Meal Ideas

Breakfast	Lunch	Dinner	Snacks
Oatmeal with almond milk and grapes	Tuna or egg salad in a corn tortilla	Chicken stew with carrots and potatoes	Orange, grapes, or pineapple
Corn cereal with lactose-free milk and strawberries	Green salad with salmon	Tofu stir-fry with bok choy and rice	Small handful of nuts
Sourdough spelt toast with peanut butter	Scrambled eggs with spinach and cheese	Baked fish with rice and green beans	Popcorn
			Smoothie with lactose-free yogurt and strawberries

If you have any questions, please contact your Gastroenterologist at London Digestive Disease Institute (519) 204-6333.