

FODMAP

COMPOSITION OF FOOD

| | High FODMAP food | Low FODMAP alternative | Notes to patients |
|------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Meat, poultry, seafood, eggs | Marinated meats, processed meats (e.g. sausage / salami), meats served with sauces | Plain cooked meats, poultry, seafood, eggs | <ul style="list-style-type: none"> Naturally low FODMAP (unless marinated in / processed with high FODMAP ingredients) |
| Fruit | Apple, pear, mango, dried fruit, stone fruit (peach, nectarine, plum), watermelon | Orange, banana, grapes, kiwi fruit (green), strawberries, cantaloupe, rhubarb, raspberries, pineapple | <ul style="list-style-type: none"> Main FODMAPs present are excess fructose + sorbitol Dried fruit and fruit juices are concentrated sources of FODMAPs Some fruits may be particularly poorly tolerated <ul style="list-style-type: none"> Very high FODMAP fruits e.g. apple, pear, mango, dried fruit, peach, nectarine, plum, watermelon Fruits rich in numerous FODMAPs e.g. cherries, clingstone peach, nashi pear, packham pear, watermelon, dried apple / apricot / pear / prunes |
| Vegetables | Garlic, onion, leek, artichoke, asparagus, snowpeas, mushrooms, cauliflower, snowpeas | Capsicum (green), zucchini, potato, beans (green), aubergine / eggplant, carrot, rhubarb, raspberries, pineapple | <ul style="list-style-type: none"> Main FODMAPs present are mannitol and fructans Some vegetables may be particularly poorly tolerated <ul style="list-style-type: none"> Very high FODMAP vegetables (onion, garlic, artichoke, leek, mushroom, cauliflower) Vegetables rich in numerous FODMAPs (jerusalem artichoke, beetroot, mushroom) |
| Breads and cereals | Wheat / rye / barley based breakfast cereal, bread, biscuits and snack products | Spelt sourdough bread, gluten free bread, oat sourdough bread, oats, quinoa flakes, corn flakes, gluten free pasta, quinoa pasta, rice cakes (plain) | <ul style="list-style-type: none"> The main FODMAPs present are fructans and GOS. Low FODMAP options include naturally low FODMAP grains (e.g. rice, quinoa and millet) + specialty products (e.g. gluten free breads and cereals) Remind patients to look for high FODMAP ingredients on specialty products (e.g. onion, garlic, dried fruit, inulin, high fructose corn syrup, fructose) Sourdough breads subjected to longer fermentation times will be lower in fructans, (e.g. sourdough spelt bread) |
| Pulses | Red kidney beans, split peas, falafels, baked beans | Chickpeas (canned), lentils (canned), lima beans (boiled) | <ul style="list-style-type: none"> The main FODMAP present is GOS GOS are water soluble, so boiling and soaking pulses lowers FODMAP content |
| Nuts and seeds | Cashews, pistachios | Macadamias, peanuts, pine nuts | <ul style="list-style-type: none"> Most seeds are low FODMAP Main FODMAPs present in nuts are GOS and fructans There are several low FODMAP nut varieties – these are nutritious, low FODMAP snack ideas for patients |
| Dairy | Cows' milk, custard, sweetened condensed milk, evaporated milk, icecream | Lactose free milk, yoghurt (small amounts), soy milk (soy protein), whipped cream | <ul style="list-style-type: none"> The main FODMAP present is lactose Dairy foods are not excluded from a low FODMAP diet Many dairy foods contain little or no lactose and are suitable to include (e.g. butter, hard cheese) Many plant-based milk alternatives are low in FODMAPs, e.g. soy milk (made from soy protein), almond milk and rice milk BUT, milk alternatives do not naturally contain calcium, so remind patients to choose calcium fortified varieties (containing >120mg calcium per 100ml) |
| Sugars / sweeteners | Honey, high fructose corn syrup, sugar-free confectionary | Dark chocolate, table sugar, maple syrup, rice malt syrup | <ul style="list-style-type: none"> The FODMAPs present in sugar sweetened foods and beverages are fructose and sugar polyols (e.g. sorbitol, xylitol, erythritol) Encourage patients to read food labels to identify high FODMAP sugars and sweeteners |
| Other | Garlic / onion based marinades and sauces, vegetarian mince | Barbeque sauce, mayonnaise, soy sauce, chutney, cranberry juice | <ul style="list-style-type: none"> Some dips, condiments, sauces, marinades contain garlic / onion Ask for them separately / on the side if unsure |