

# 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"> <li>Naturally low FODMAP (unless marinated in / processed with high FODMAP ingredients)</li> </ul>
Fruit	Apple, pear, mango, dried fruit, stone fruit (peach, nectarine, plum), watermelon	Orange, firm banana, kiwi fruit (green), strawberries (5 mediums), cantaloupe (3/4 cups), rhubarb, pineapple	<ul style="list-style-type: none"> <li>Main FODMAPs present are <b>excess fructose + sorbitol</b></li> <li>Dried fruit and fruit juices are concentrated sources of FODMAPs</li> <li>Some fruits may be particularly poorly tolerated               <ul style="list-style-type: none"> <li>Very high FODMAP fruits e.g. apple, pear, mango, dried fruit, peach, nectarine, plum, watermelon</li> <li>Fruits rich in numerous FODMAPs e.g. cherries, clingstone peach, nashi pear, packham pear, watermelon, dried apple / apricot / pear / prunes</li> </ul> </li> </ul>
Vegetables	Garlic, onion, leek, artichoke, asparagus, snowpeas, mushrooms, cauliflower	Capsicum (green), zucchini, potato, bean shoots, bok choy, aubergine / eggplant, carrot	<ul style="list-style-type: none"> <li>Main FODMAPs present are <b>mannitol and fructans</b></li> <li>Some vegetables may be particularly poorly tolerated               <ul style="list-style-type: none"> <li>Very high FODMAP vegetables (onion, garlic, artichoke, leek, mushroom, cauliflower)</li> <li>Vegetables rich in numerous FODMAPs (jerusalem artichoke, beetroot, mushroom)</li> </ul> </li> </ul>
Breads and cereals	Wheat / rye / barley based breakfast cereal, bread, biscuits and snack products	Spelt sourdough bread, gluten free bread, oat sourdough bread (1 slice), oats, quinoa flakes, corn flakes (1/2 cup), gluten free pasta, quinoa pasta, rice cakes (plain)	<ul style="list-style-type: none"> <li>The main FODMAPs present are <b>fructans and GOS</b>.</li> <li>Low FODMAP options include naturally low FODMAP grains (e.g. rice, quinoa and millet) + specialty products (e.g. gluten free breads and cereals)</li> <li>Remind patients to look for high FODMAP ingredients on specialty products (e.g. onion, garlic, dried fruit, inulin, high fructose corn syrup, fructose)</li> <li>Sourdough breads subjected to longer fermentation times will be lower in fructans, (e.g. sourdough spelt bread)</li> </ul>
Pulses	Red kidney beans, split peas, falafels, baked beans	Chickpeas (1/4 cup canned), lentils (canned)	<ul style="list-style-type: none"> <li>The main FODMAP present is <b>GOS</b></li> <li>GOS are water soluble, so boiling and soaking pulses lowers FODMAP content</li> </ul>
Nuts and seeds	Cashews, pistachios	Macadamias, peanuts, pine nuts	<ul style="list-style-type: none"> <li>Most seeds are low FODMAP</li> <li>Main FODMAPs present in nuts are <b>GOS and fructans</b></li> <li>There are several low FODMAP nut varieties – these are nutritious, low FODMAP snack ideas for patients</li> </ul>
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"> <li>The main FODMAP present is <b>lactose</b></li> <li>Dairy foods are not excluded from a low FODMAP diet</li> <li>Many dairy foods contain little or no lactose and are suitable to include (e.g. butter, hard cheese)</li> <li>Many plant-based milk alternatives are low in FODMAPs, e.g. soy milk (made from soy protein), almond milk and rice milk</li> <li>BUT, milk alternatives do not naturally contain calcium, so remind patients to choose calcium fortified varieties (containing &gt;120mg calcium per 100ml)</li> </ul>
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"> <li>The FODMAPs present in sugar sweetened foods and beverages are <b>fructose and sugar polyols</b> (e.g. sorbitol, xylitol, erythritol)</li> <li>Encourage patients to read food labels to identify high FODMAP sugars and sweeteners</li> </ul>
Other	Garlic / onion based marinades and sauces, vegetarian mince	Barbeque sauce, mayonnaise, soy sauce, chutney, cranberry juice	<ul style="list-style-type: none"> <li>Some dips, condiments, sauces, marinades contain <b>garlic / onion</b></li> <li>Ask for them separately / on the side if unsure</li> </ul>