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# Low FODMAP Diet

The Low FODMAP Diet was created for people who have trouble digesting certain short-chain carbohydrates.

FODMAPs stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols. All of these terms represent different types of sugars and starches or short-chain carbohydrates.

Foods like wheat, dairy, ice cream, beans, and even apples are high in these sugars and starches, and many people have trouble digesting them. Common side effects include gas, constipation, and bloating. Therefore, these people are advised to go on a low FODMAPs diet.

Essentially, The Low FODMAP Diet limits lactose, fructose, fructans, galactans, and polyols. It is often used to treat IBS and similar conditions.

## **Foods to include:**

- Most vegetables
- Some fruits
- Gluten-free grains
- Meat
- Poultry
- Fish
- Eggs
- Lactose-free dairy
- Nuts and seeds
- Healthy oils

## **Foods to avoid:**

- Artichokes, cauliflower, mushrooms, sugar snap peas
- Apples, apricots, blackberries, boysenberries, dates, figs, guava, mangoes, nectarines, papaya, peaches, pears, plums, persimmons, prunes, watermelon
- Dried and canned fruit
- Gluten-containing grains
- Beans
- Lactose-containing dairy
- Trans fats
- Saturated fats
- Sugar
- Refined grains
- Processed foods

## **Pros:**

- Can be a lifestyle rather than a diet
- May alleviate IBS
- May lead to weight loss
- May lead to increased energy

## **Cons:**

- Not a quick fix – takes time and dedication
- May be too specific to follow long-term
- Difficult to eat in restaurants or social situations

**Sources:**

*The Low FODMAP Diet* [www.stanfordhealthcare.org](http://www.stanfordhealthcare.org) [\\_ \(http://www.stanfordhealthcare.org\)](http://www.stanfordhealthcare.org)