

## What are FODMAPs and why should I avoid them?

FODMAPs are sugars (carbohydrates) in the foods that we eat that are poorly absorbed by the gut. The intestinal bacteria in the gut can react to these foods and cause abdominal pain, gas, bloating, diarrhea and/or constipation. When foods rich in FODMAPs are removed from the diet of patients with Irritable Bowel Syndrome (IBS), **75% of patients will see a reduction in, or in some cases, a resolution of their GI symptoms.** Reducing intake of high FODMAP foods may also help decrease GI symptoms for patients with Crohn's or Ulcerative Colitis (Inflammatory Bowel Diseases or IBD). IBD patients who try the low FODMAP diet should not be having a flare.

## FODMAP is an acronym for:

Fermentable (produces gas in the intestines)

Oligosaccharides (fructans and galactans/GOS)

Disaccharides (lactose)

Monosaccharides (excess fructose)

And

Polyols (sugar alcohols like sorbitol, maltitol, mannitol, xylitol and isomalt)

## What foods should I avoid that contain FODMAPs?

The following list is an example of **some** of the foods high in FODMAPs. This list is just an example and **is not complete.**

- **Fructans and galactans/GOS:** wheat, rye, barley, onion, garlic, inulin/chicory root, most legumes, artichoke, soy milk, rice milk, coconut milk
- **Lactose:** Milk, yogurt, ice cream, soft cheeses (cottage and ricotta cheese)

- **Excess Fructose:** High fructose corn syrup, honey, agave, and various fruits like apple, pear, and watermelon
- **Polyols:** Stone fruits (like peach, plum, cherry), mushrooms, cauliflower, and sugar-free gum/candy

**Some of the foods that are allowed on a low FODMAP diet are:**

- **Grains:** rice, oats, gluten-free pasta, some gluten-free breads and cereals
- **Fruits:** berries (except blackberries), orange, banana, grapes, honeydew or cantaloupe melon, kiwifruit, pineapple
- **Vegetables:** Carrots, corn, eggplant, zucchini, peppers, green beans, lettuce, cucumber, potato, and tomato are a few.
- **Protein:** Chicken, turkey, beef, pork, fish, eggs, tofu, peanut butter; avoid meats that are seasoned with onion/garlic powder
- **Dairy:** Lactose free milk, almond milk, kefir, lactose free yogurt, hard or ripened cheeses like cheddar and feta

The low FODMAP diet has a high success rate when taught by a Registered Dietitian (RD) with expertise in this diet. It is a two part diet consisting of elimination and challenge (reintroduction) phases. Patients who try this diet on their own usually find it too restrictive. They may also be choosing the wrong foods and not feel the relief in GI symptoms that would be expected. The Registered Dietitian will guide you to eat nutritious and tasty meals that suit your palate and agree with your gut. There are many variables to this diet and to maximize the foods that can be eaten, it is **strongly** recommended that patients consult with a Registered Dietitian who is familiar with the low FODMAP diet.

**What can I expect at an appointment with the RD?**

You can expect to:

- Learn about the low FODMAP diet approach and why it is effective

- Receive comprehensive low and high FODMAP food lists from updated sources
- Receive guidance on implementing the low FODMAP diet taking into account your other medical conditions
- Receive Individualized menu planning tailored around your life schedule and cooking skills
- Learn about label reading and grocery shopping tips for eating a low FODMAP diet
- Gain confidence that you can eat a nutritionally sound diet following the low FODMAP diet.

At the University of Michigan, a consult with a dietitian familiar with the low FODMAP diet can be made at the following locations:

Taubman Center Gastroenterology Clinic: 734-647-5944

East Ann Arbor Health and Geriatrics Center: 734-647-5655

Northville Health Center: 248-305-4400

Brighton Health Center: 810-227-9510

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