



FODMAP-Free Nutrition Planning

Why Avoid FODMAPs?

FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols) are short-chain carbohydrates (fructose, lactose, fructans, galactans and polyols) that are found in select fruits and vegetables, as well as high lactose dairy, gluten, artificial sweeteners and legumes that some people are unable to absorb well (they are incompletely absorbed in the gastrointestinal tract and easily fermented by gut bacteria) - causing gastrointestinal issues such as abdominal pain, cramping, bloating, excess gas and diarrhea or constipation.

Often those diagnosed with IBS respond very well to a FODMAP free diet. Sometimes it may be that these foods can be eaten without problem most of the time but specifically require avoidance only before a stressful situation (either physical stress such as intense exercise or psychological stress such as work or family situations). The exact length of time to avoid these foods before a known stressful situation varies by person, but generally avoidance 12-24 hours prior will suffice. The chart below outlines most high FODMAP foods, while the chart on the following page outlines safe foods to choose from.

Foods high in FODMAPs to avoid, especially in the 12-24 hours before a known stressful situation:

<ul style="list-style-type: none"> • Apples • Applesauce • Apricots • Avocado • Blackberries • Cherries • Figs • Dates • Dried fruit • Goji berries • Grapefruit • Mango • Nectarines • Pears • Peaches • Plums • Pomegranate • Prunes • Raisins • Tinned fruit • Watermelon 	<ul style="list-style-type: none"> • Milk • Ice cream • Custards • Cottage cheese • Ricotta cheese • Sour cream • Buttermilk • Creamy sauces • Soft cheeses <p><i>Only small amounts of:</i></p> <ul style="list-style-type: none"> • Soft cheeses ie mozzarella, brie • Cream 	<p>ALL Gluten</p> <ul style="list-style-type: none"> • Spelt • Rye • Barley • Kamut • Wheat • Muesli • Cous cous • Einkorn • Freekeh • Gnocchi <p>ALL Beans</p> <ul style="list-style-type: none"> • Black, pinto, adzuki, kidney... • Chickpeas • Soy / soy milk • Split peas • Hummus <ul style="list-style-type: none"> • Cashews • Pistachios • Almond meal <p><i>Only small amounts of:</i></p> <ul style="list-style-type: none"> • Lentils 	<ul style="list-style-type: none"> • Garlic • Onions • Cauliflower • Mushrooms • Snap peas • Artichokes • Miso <p><i>Only small amounts of:</i></p> <ul style="list-style-type: none"> • Broccoli • Beets • Brussels sprouts • Celery • Corn 	<ul style="list-style-type: none"> • Honey • HFCS • Fructose • Jam • Relish • Agave • Xylitol • Sorbitol • Mannitol • Isomalt • Inulin <p><i>Only small amounts of:</i></p> <ul style="list-style-type: none"> • Coffee • Beer • Wine • Spirits (caffeine and alcohol are irritants to the gut) • Coconut water • Fruit juices • Rum • Sodas
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Choose these foods low in FODMAPs instead:

<ul style="list-style-type: none"> • Bananas • Blueberries • Strawberries • Raspberries • Cranberries • Cantaloupe • Honeydew • Grapes • Guava • Kiwi • Lemon • Limes • Oranges • Tangerines • Mandarin • Clementine • Tangelo • Pineapple • Papaya • Passion fruit • Rhubarb 	<ul style="list-style-type: none"> • Hard aged cheese such as cheddar, mozzarella, parmesan, swiss (full fat) • Greek yogurt (full fat) • Kefir • Whipped cream / heavy cream • Eggs • Organic chicken, turkey • Wild fish • Grass fed pasture raised beef, bison • Seafood – shrimp, lobster, mussels, crab, oysters • Tempeh • Firm tofu 	<ul style="list-style-type: none"> • Quinoa • Millet • Rice / rice pasta • Buckwheat • Oats • Oatmeal • Sorghum • Corn • Potatoes • Yams • Almonds (max 1-2 handfuls) • Almond butter • Walnuts • Pecans • Macadamias • Coconut cream / flesh / butter • Peanuts • Peanut butter • Pine nuts • Almond milk • Coconut milk • Hemp milk • Oat milk • Rice milk • Cashew milk • Cacao • Seaweed / nori 	<ul style="list-style-type: none"> • Bean sprouts • Bok choy • Broccoli (1/2 cup) • Bell peppers • Butternut squash (1/4 cup) • Carrots • Cabbage (up to 1 cup) • Cucumber • Eggplant • Fennel • Green beans • Ginger • Kale • Lettuce • Olives • Spinach • Squash • Snow peas • Sweet potato • Parsnip • Potato • Pumpkin • Radish • Tomatoes • Turnip • Yam • Zucchini 	<ul style="list-style-type: none"> • Maple syrup • Maple butter • Butter • Olive oil • Coconut oil • Ghee • Hemp hearts • Chia seeds • Pumpkin seeds • Sesame seeds • Pickles • Olives • Salt & Pepper • Sugar • Vinegar • Mustard • Tamari • Basil, parsley, mint, oregano, cilantro, coriander • Black pepper, cinnamon, cumin, paprika, turmeric • Salt • Weak black tea • Green tea • Matcha tea • Peppermint tea • White tea
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