



Low FODMAP Diet

Patient Information Sheet

Recently it has been found that some people find it difficult to tolerate certain short-chained carbohydrates called FODMAPs. Such patients with this problem have often already been diagnosed with 'dyspepsia', irritable bowel syndrome (IBS) or functional bowel disease (FBD). Typical symptoms would include abdominal bloating, excessive gas, chronic diarrhoea or constipation. Such patients, particularly those with unexplained chronic diarrhoea or bloating, should be considered reducing their dietary intake of FODMAPs, but total exclusion is rarely necessary.

What Are FODMAPs?

FODMAPs = Fermentable Oligo-, Di-, and Mono-saccharides, And Polyols.
These short-chain carbohydrates are:

Osmotically active - they draw water back from the intestinal vessels into the intestinal lumen, thus causing diarrhoea.

Fermentable - their digestion by intestinal bacteria yields large amounts of gas (like hydrogen or carbon dioxide), which causes abdominal bloating.

Low-FODMAP Diet (requires the reduction of the following food types)

Oligo-saccharides		Di-saccharides	Mono-saccharides	Polyols
Fructans	Galactans	Lactose	Fructose	Sorbitol
white bread	cabbage	milk	honey	sugar free gum
pasta	brussel sprouts	butter	dried fruits	low cal foods
pastries	soy beans	cheese	apples	stone fruits
cookies	chickpeas	yoghurt	pears	peaches
onions	lentils	sweets	cherries	apricots
artichokes		chocolate	peaches	plums
asparagus		beer	agave syrup	Xylitol
leeks		pre-prep soups	watermelon	berries
garlic		pre-prep sauce	corn syrup	chewing gum
chicory roots				

FODMAPs include:

Oligosaccharides:

Fructans - Only minimal amounts of fructans can be absorbed by the human intestine. Fructans-rich foods are: wheat (white bread, pasta, pastries, cookies), onions, and artichokes; and the pre-biotic inulins.

Galactans (like stachyose and raffinose), are found in legumes (soy, beans, chickpeas, lentils), cabbage and brussel sprouts.

Disaccharides:

Lactose (milk + sugar). Lactose is in dairy products, but it may be also found in chocolate and other sweets, beer, pre-prepared soups and sauces, and so on. Lactose is poorly absorbed in lactose intolerance, SIBO (small intestinal bacterial overgrowth) and in small intestinal inflammation (Crohn's disease + coeliac disease).

Monosaccharides:

Fructose (fruit sugar). Fructose-rich foods includes prunes, figs, dates, or raisins, apples, pears, sweet cherries, peaches, agave syrup, watermelon, papaya and honey. Fructose is often added to commercial foods and drinks as high fructose corn syrup (HFCS).

Polyols:

Sugar alcohols appear as artificial sweeteners in commercial foods and drinks.