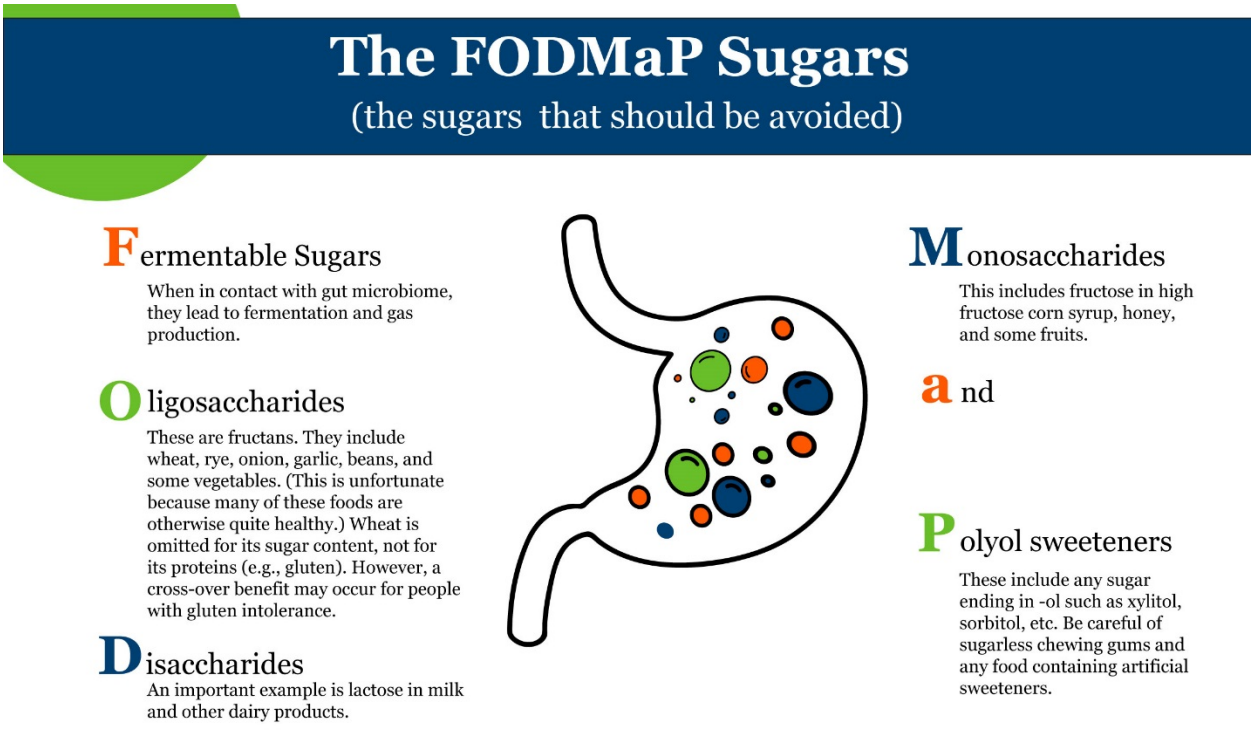
THE LOW FODMAP DIET

WHAT IS FODMAP?

The FODMaP diet is a form of elimination diet that focuses specifically on certain types of sugars that should or should not be consumed. Increasing numbers of studies support its use for reducing symptoms of irritable bowel syndrome (IBS), to the point where it can now be considered a first-line IBS treatment.[1-3] The FODMaP diet works in two ways:

1. It is low in sugars that are difficult to absorb. These sugars can lead to increased fermentation and gas.
2. Reducing overall sugar intake reduces the osmotic pull of fluids into the intestine, which can reduce diarrhea. This may explain why some research indicates that the FODMaP diet improves overall symptoms by 50% for both diarrhea- and constipation-dominant IBS, while it only reduces stool frequency for the diarrhea-dominant form.



THE MODIFIED FODMAP DIET

The FODMaP diet can lead to a significantly lowered intake of fruits and vegetables, which can have negative long-term health consequences. Although it has not been extensively studied, some people may benefit from a "modified FODMaP diet," which allows for

continued intake of these important foods. Consider starting by having patients significantly reduce their FODMaP sugar load by avoiding dairy, wheat (breads and crackers), rye, high-fructose corn syrup, honey, and polyol sugars (first row of Figure 1). If this doesn't work, they can then do the full FODMaP diet, as described in Figure 1.

Consider starting with the first row (modified FODMaP) and progress to full FODMaP if needed.	FODMaP Diet			
	Fructose	Lactose	Oligosaccharides	Polyols
Avoid (modified FODMaP) Start Here	☐ High fructose corn syrup and Honey	☐ Anything made from cow, goat or sheep milk that would include lactose.	☐ Cereals: Wheat & Rye. Avoid breads, pasta, crackers and biscuits. (Avoid white foods)	☐ Sweeteners that end in "ol": Sorbitol, mannitol, xylitol, malitol. Beware of sugarless gum and anything that is artificially sweetened.
Avoid	☐ Fruits: apples, pears, peaches, mango, watermelon, nectarine, plums, prunes, cherries and lychee.	☐ Yogurt	☐ Legumes: chickpeas, lentils, kidney beans, baked beans.	
Avoid	☐ Avoid large servings of fruit in one sitting. Avoid dried fruit, bowls of fruit or fruit juice.	☐ Cheeses	☐ Vegetables: artichokes, asparagus, Brussels sprout, broccoli, cabbage, garlic, onions, peas, and leaks.	
OK to Eat	✓ Fruit: blueberry, banana, grapefruit, grape, honeydew melon, lemon, lime, mandarin, orange, passion fruit, raspberry, strawberry, tangelo, kiwifruit.	✓ Lactose free milk and rice milk. Ice cream substitutes such as sorbet and gelati. Butter is OK in small amounts.	✓ Cereals: gluten-free products. Spelt bread and cereal products.	✓ Sweeteners: Any sweetener other than polyols. This can include stevia (Truvia), agave, sucralose (Splenda), saccharine (Sweet'N Low), aspartame (Equal, NutraSweet)
OK to Eat	✓ Honey Substitutes: maple syrup in small amounts.	✓ Lactose free yogurt	✓ Garlic Substitute: garlic-infused oils.	
OK to Eat		✓ Hard cheeses such as cheddar, asiago & parmesan.	✓ Vegetables: Carrot, celery, corn, capsicum, eggplant, green beans, lettuce, pumpkin, tomato, bok choy and bamboo.	

Figure 1. The FODMaP diet. This chart was modified from a chart by Gibson and colleageus.[4]

AUTHOR(S)

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