At a Glance: FODMAPs and the Low FODMAP Diet

FODMAPs are specific types of carbohydrates that can be poorly absorbed and cause digestive discomfort in some people. FODMAPs are found in a wide variety of food groups.

**Fermentable**

**Examples of High FODMAP Foods and Ingredients**

- **Fructans/GOS:** wheat, rye, onions, garlic, artichokes, inulin, baked beans, red kidney beans, cashews
- **Lactose:** milk, yogurt, ice cream, pudding, custard
- **Excess Fructose:** high fructose corn syrup, honey, agave, mango, watermelon
- **Sorbitol/Mannitol:** sugar-free products, blackberries, apples, pears, peaches, cauliflower, mushrooms, snow peas

**Low FODMAP Diet 101**

(With the help of a healthcare professional)

**PHASE 1: Trial elimination.** Foods high in FODMAPs are eliminated from your diet for a 2- to 6-week trial period.

**PHASE 2: Reintroduction.** Specific FODMAPs are reintroduced in a stepwise process to help distinguish individual FODMAP triggers.

**PHASE 3: Personalization.** A customized, well-balanced diet can be designed to address your personal dietary needs.

**Low FODMAP Diet Resources**

- LowFODMAPcentral.com
- University of Michigan and Cedars-Sinai®—My Nutrition Health: www.myginutrition.com*
- Monash University Low FODMAP Diet App*
- Kate Scarlata, RDN, LDN The Well-Balanced FODMAPer Blog: blog.katescarlata.com*
- Patsy Catsos, MS, RDN, LD The IBS Elimination Diet and Cookbook: www.IBSfree.net*
- Danielle Capalino, MSPH, RD Healthy Gut, Flat Stomach: www.DanielleCapalino.com*

*These resources are for educational purposes only and do not constitute endorsement of any product or brand.*
<table>
<thead>
<tr>
<th>FOOD CATEGORY</th>
<th>HIGH FODMAP FOODS</th>
<th>LOW FODMAP FOOD ALTERNATIVES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Asparagus, artichokes, onions, leeks, garlic, mushrooms, sugar snap peas, snow peas, onion &amp; garlic salts</td>
<td>Edamame, bean sprouts, green beans, bok choy, bell peppers, carrots, chives, cucumber, lettuce, eggplant, kale, spinach, tomato, zucchini</td>
</tr>
<tr>
<td>Fruits</td>
<td>Apples, pears, mango, watermelon, nectarines, peaches, plums, prunes, cherries</td>
<td>Raspberries, pineapple, oranges, grapes, blueberries, honeydew melon, kiwifruit, strawberries, cantaloupe</td>
</tr>
<tr>
<td>Milk and Dairy</td>
<td>Cow’s milk, yogurt, buttermilk, cream, custard, ice cream</td>
<td>Lactose-free cow’s milk and yogurt, almond milk, feta cheese, Parmesan cheese, Brie cheese, Cheddar cheese</td>
</tr>
<tr>
<td>Proteins</td>
<td>Red kidney beans, black beans, baked beans, navy beans, butter beans</td>
<td>Fish, chicken, pork, beef, eggs, canned tuna, tofu (firm), small portions of canned and drained chickpeas and lentils</td>
</tr>
<tr>
<td>Nuts and Seeds</td>
<td>Pistachios, cashews</td>
<td>Walnuts, peanuts, pecans, sesame seeds, sunflower seeds, chia seeds</td>
</tr>
<tr>
<td>Breads and Grains</td>
<td>Rye-, wheat- and barley-containing products</td>
<td>Sourdough bread, quinoa, white rice, brown rice, oats, polenta, corn tortillas</td>
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<tr>
<td>Hot Beverages</td>
<td>Chamomile tea, fennel tea, oolong tea</td>
<td>Coffee, green tea, black tea, peppermint tea</td>
</tr>
</tbody>
</table>

This chart is intended to provide examples of foods that are high or low in FODMAPs. It is not meant to be an all-inclusive diet. Check with a healthcare professional to see if the Low FODMAP diet is right for you.

Sources:
Monash University Low FODMAP Diet App. Available at: med.monash.edu/ccs/gastro/fodmap/iphone-app.html.
Monash University Low FODMAP Diet. Available at: med.monash.edu/ccs/gastro/fodmap/low-high.html.

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