



FODMAPs

Facts

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FODMAPs *Facts*

WHAT ARE FODMAPs?

FODMAPs are found in the foods we eat. FODMAPs is an acronym for:

Fermentable

Oligosaccharides (eg. Fructans and Galacto-oligosaccharides (GOS))

Disaccharides (eg. Lactose)

Monosaccharides (eg. excess Fructose)

And

Polyols (eg. Sorbitol, Mannitol, Maltitol, Xylitol and Isomalt)

These short-chain carbohydrates can be poorly absorbed in the gastrointestinal tract and can be **easily fermented by gut bacteria**. These sugars also exert an osmotic effect, increasing fluid movement into the large bowel, causing discomfort and potentially diarrhea.

The fermentation and osmosis caused by these undigested sugars are a cause of major IBS symptoms such as gas, pain, and diarrhea. Constipation can also be a symptoms, especially if you have SIBO (Small intestinal bacterial overgrowth).



WHAT CONTRIBUTES TO FODMAPS INTOLERANCE?

1. **SIBO:** The presence of excess bacteria in the small intestine causes excessive fermentation of these carbohydrates, increasing gas production and allowing for the proliferation of uncontrolled gut bacteria.
2. **Lack of adequate enzymes/ malabsorption:** Certain individuals may lack adequate enzymes to break down and absorb the fermentable sugars. It's worth mentioning that SIBO can contribute to this as well by damaging the lining of the small intestine. Sometimes, recent parasite infection (giardia, etc) can damage the lining of the small intestine and contribute to FODMAPs intolerance, at least temporarily.
3. **Dysbiosis.** Imbalance of bacteria in your gut.

It's important to know that most people only have issues/ malabsorb one or 2 types of FODMAPs (for instance, fructose and lactose). It's important to take time to identify which ones are causing issues in your case, as this will allow for less restriction in your diet.

Intolerance to FODMAPs is different than other food intolerances, in that **it is the quantity that matters**. You might be OK eating 1-2 pieces of apple, but a whole apple will make you suffer from terrible indigestion. How much each person can eat depends on the degree of malabsorption, and the severity of SIBO (if present, see below). You will find to find your own level of tolerance, with a process of elimination and re-introduction.

However, if you treat the contributing factors (SIBO, lack of enzymes, damaged small intestine, dysbiosis) and improve your gut health, you should be able to tolerate much more FODMAPs, which will allow more variety in your diet, and less unpleasant symptoms!



WHAT SHOULD YOU DO?

If you suffer from digestive issues or maybe suspect you have SIBO, I recommend trying to avoid all high FODMAPs food for 2 weeks, and notice if you feel better.

Staying on the low FODMAPs diet should be temporary (up to 3-6 months), while you work on improving your gut health, and figuring out which FODMAPs are contributing to your symptoms.

I highly recommend downloading the app by Monash University. To get you started, I have compiled some of the most common high FODMAPs foods on the following pages.

WHAT FOODS ARE HIGH IN FODMAPs?

1. Foods high in Fructose:

- Apple
- Honey
- Cherries
- Figs
- Mango
- Pear
- Plum
- Watermelon
- Jerusalem artichoke
- Asparagus
- Sugar snap peas
- Broad beans



HIGH FODMAPs FOODS

2. Foods high in polyol-sorbitol:

- Apple
- Apricot
- Avocado
- Blackberries
- Lychees
- Nectarine
- Peach (white and yellow)
- Pear
- Plum
- Corn

3. Foods with moderate amount of polyol-sorbitol:

- Cherries
- Coconut
- Broccoli (more than 1 cup)

4. Foods high in polyol-mannitol:

- Watermelon
- Cauliflower
- Snow peas
- Button mushrooms
- Sweet potatoes
- Butternut squash (more than 1/2cup)



HIGH FODMAPs FOODS

5. Foods high in Oligo-fructans:

- Grapefruits
- Nectarines
- White peach
- Pomegranate
- Watermelon
- Dates
- Raisins
- Jerusalem artichoke
- Globe artichoke
- Asparagus (>4 spears)
- Beetroot
- Garlic
- Leeks
- Snow peas
- Button mushrooms
- Onions
- Butternut squash (more than 1/2cup)
- Broccoli (more than 1 cup)
- Pistachio
- Cashews
- Split peas



HIGH FODMAPs FOODS

6. Food high in Oligo-GOS:

- Almonds (more than 10 nuts)
- Pistachio
- Cashews
- Butter beans
- Borlotti beans
- Split peas
- Beetroots
- Corn
- Snow peas
- Peas (thawed)

LOW FODMAPs FOODS

Here are some ideas of fruits and veggies you should be able to tolerate:

1. Low FODMAPs fruits:

- Banana (canvendish)
- Blueberries
- Cantaloupe
- Dragon fruit
- Grapes
- Kiwi, lime
- Lemon
- Oranges
- Passionfruit
- Pawpaw
- Pineapple
- Raspberry
- Strawberry



LOW FODMAPs FOODS

2. Low FODMAPs vegetables:

- Eggplant
- Green beans
- Pepper/capsicum
- Broccoli (less than 1cup)
- Brussel sprouts (less than 3 sprouts)
- Cabbage (less than 1 cup)
- Carrots, celeriac
- Collard greens
- Bok choy
- Kale
- Zucchini/courgette
- Fennel
- Leeks (green leaves, for flavouring)
- Radicchio
- Lettuce
- Pumpkin
- Spinach
- Radish
- Spaguetti squash (about 1 ½ cup)
- Tomatoes
- Olives



TO LEARN MORE

Download the Monash University FODMAPs App and start familiarizing yourself with the different groups of FODMAPs.