



Low FODMAP Diet: Step 1

What are “FODMAPs”?

FODMAP stands for “Fermentable **O**ligo-saccharides, **D**i-saccharides, **M**ono-saccharides, **A**nd **P**olyols”. These are types of carbohydrates that are naturally found in foods. These FODMAPs can be broken down into 6 groups: sorbitol, fructose, lactose, mannitol, fructans, and galacto-oligosaccharides (GOS) – sometimes also called galactans.

Why do I need to know about FODMAPs?

For some people with irritable bowel syndrome (IBS) eating these foods can cause diarrhoea, bloating, abdominal pain or cramps, nausea, or constipation. Gut problems can have many causes, and it is important to work through your possible food triggers. Completing the Low FODMAP Diet can improve symptoms for around 75% of people. If you have no relief in your symptoms with this diet, your dietitian will discuss other possible triggers with you.

High FODMAP foods - a quick look at where to find them

Foods containing sorbitol	Foods containing fructose	Foods containing lactose
Apples, apricots, blackberries, pears, nectarines, peaches, plums, some artificial sweeteners	Asparagus, sugar snap peas, apples, boysenberry, fava beans, figs, dried fruit, fruit bars, mango, pears, tamarillo, watermelon, feijoa, honey	Cow’s milk (regular and low fat), condensed milk, yoghurt, custard, evaporated milk, ice cream
Foods containing mannitol	Foods containing fructans	Foods containing GOS
Cauliflower, celery, kumara, mushrooms, snowpeas, watermelon	Apricot, artichokes, ripe bananas, nectarines, garlic, leeks, onions (red, white, shallot), mushrooms, pearl barley, wheat products (including bread, pasta, and roti)	Beetroot, butter beans, butternut pumpkin, cashews, cassava, chickpeas, green peas, oat milk, pistachios, soy milk (made from whole soy bean), taro

How does the Low FODMAP Diet work?

The Low FODMAP Diet is not a diet for life. It is a three step process.

- Step 1:** Swap foods that are high in FODMAPs for foods that are low in FODMAPs for two to four weeks to see if your symptoms are caused by this group of foods.
- Step 2:** Trial foods with one high FODMAP group at a time (a food re-introduction) to see which FODMAP groups you are reacting to.
- Step 3:** Gradually bring back in your “safe” foods and re-introduce others every six months.

This information sheet shows you what to eat during **Step 1**. Your dietitian may provide you with a modified version of the Low FODMAP Diet where you may not need to avoid all FODMAPs.

The full Low FODMAP diet is not a diet for life

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Low FODMAP Diet - Step 1

Keep a symptom diary

When you follow the Low FODMAP Diet it is important to keep a record of your symptoms. We suggest you use a notebook or a sheet of paper to record your symptoms. Below is an example of a symptom diary that you can copy.

Think about which foods affect your symptoms. Try to be quite specific about what your symptoms are. For example, “pain / bloating/ diarrhoea/ constipation/ urgency” is more accurate than “felt unwell”.

Score your symptoms using a simple 0-3 scale:

- 0 = no symptoms
- 1 = mild/slight symptoms
- 2 = noticeable symptoms
- 3 = severe symptoms.

Also remember to think about non-food causes of your symptoms and note these down too, e.g. stress, eating on the move, eating more than usual, illness, tiredness.

If your score suddenly jumps from 0/1 to 3, write down what you had to eat over the past 24 hours.

Example Symptom Diary

Date	Symptoms	Scale (0-3)
31 March	Bloating, urgent diarrhoea. Bowels opened 3 times.	2
1 April	Cramping, nausea	1

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Use the following lists to plan your low FODMAP diet.

✓ Fruit that are low in FODMAPs

Fresh fruit	
Blueberries (1/4 cup)	Banana, green or unripe only
Cantaloupe / rockmelon (3/4 cup)	Breadfruit
Clementine	Carambola
Dragon fruit	Cumquat / kumquat
Grapes, black, red, and green	Durian
Kiwi fruit (green and gold)	Guava, ripe
Limes and lime juice	Lemons and lemon juice
Mangosteen	Mandarin
Orange	Melon, honeydew (1/2 cup)
Paw paw / papaya	Passion fruit
Pineapple	Prickly pear
Raspberry	Plantain
Starfruit	Rhubarb
Tamarind	Strawberry
Processed fruit	
Banana, dried	Mixed peel, citrus
Dried coconut, less than ¼ of a cup	Dried cranberries, less than 1 tablespoon

Other suggestions

- Aim to have 2-3 servings (cupped handfuls) of fruit each day.
- Spread your fruit servings throughout the day – try to leave four hours between each serve.
- Try to avoid smoothies / juices as these give you a lot of servings at once.
- If you have diarrhoea, peel your fruit and avoid the pips and seeds.

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Low FODMAP Diet - Step 1

Fruit that are high in FODMAPs

Food	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Fresh Fruit						
Apple			•		•	
Apricot	•		•			
Avocado			•			
Banana, ripe	•					
Blackberry			•			
Cherries			•		•	
Custard apple		•				
Feijoa	•				•	
Figs, fresh					•	
Grapefruit	•					
Longan	•		•			
Lychee			•			
Mango					•	
Nectarine	•		•			
Peach, clingstone			•	•		
Peach, white	•		•			
Peach, yellow			•			
Pear			•		•	
Persimmon	•					
Pomegranate	•					
Rambutan	•					
Tamarillo (tree tomato)					•	
Watermelon	•			•	•	
Processed Fruit						
Apple, dried			•		•	
Apricots, dried	•		•			
Coconut, shredded (¹ / ₂ cup)			•			
Cranberries, dried (>1 tbsp)	•					
Dates, dried	•					
Figs, dried	•					
Mango, dried	•					
Paw paw / papaya, dried	•					
Peaches, canned			•		•	
Pear, dried	•		•		•	
Prunes, dried	•		•			
Raisins	•					
Sultanas	•				•	

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Low FODMAP Diet - Step 1

✓ Vegetables that are low in FODMAPs

Vegetables	
Alfalfa sprouts	Bamboo shoots, fresh
Bean sprouts	Beans, green
Bok choy	Broccoli (heads only)
Broccolini (stalks only)	Brussels sprouts
Cabbage, common	Cabbage, red
Capsicum / bell pepper	Carrot
Celeriac	Chilli (green and red)
Chinese cabbage (wom Bok)	Collard greens
Courgette / Zucchini (1/3 cup)	Cucumber
Daikon	Eggplant
Endive, leaves	Fennel, bulb and leaves
Gai lan	Galangal
Ginger	Kale
Kohlrabi	Lettuce (all types)
Lotus root	Mushrooms, oyster
Okra	Parsnip
Potato	Pumpkin, Japanese (kabocha)
Radish	Rocket / arugula
Silverbeet	Snakebean / yardlong bean / longbean
Spinach	Spring onion, green tips only
Squash	Swede
Swiss chard	Tomato
Water chestnuts	Witloof / Witlof
Yam (all types)	
Processed vegetables	
Bamboo shoots, canned	Beetroot, canned
Beetroot, pickled	Corn, baby, canned
Corn, creamed, canned	Dulse
Edamame (frozen soy beans)	Gherkins in vinegar
Mushrooms, champignons (canned)	Olives, black, pitted
Olives, green, pitted	Onions, pickled (less than 4)
Seaweed (nori)	Tomato, canned

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Low FODMAP Diet - Step 1

Vegetables that are high in FODMAPs

Food	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Fresh Vegetables						
Artichoke, globe	•					
Artichoke, Jerusalem	•				•	
Asparagus	•				•	
Beetroot	•	•				
Bitter melon (karela)		•				
Broccoli stalks					•	
Broccolini heads					•	
Butternut squash		•		•		
Cabbage, savoy	•					
Cassava		•				
Cauliflower				•		
Celery				•		
Choko	•					
Corn, sweet		•	•			
Garlic	•					
Kumara				•		
Leek, bulb	•					
Leek, leaves				•		
Mushrooms, all except oyster	•			•		
Onion, all types	•					
Peas, snow	•	•		•		
Peas, sugar snap					•	
Peas, thawed from frozen	•	•				
Pumpkin, butternut		•		•		
Taro		•				
Processed Vegetables						
Artichokes, pickled in oil	•				•	
Corn kernels, canned	•					
Kimchi				•		
Lotus root, dried	•				•	
Mushroom, dried				•		
Peas, canned		•				
Red cabbage, fermented	•					
Sun-dried tomatoes					•	
Wakame seaweed flakes				•		
White cabbage, sauerkraut				•		

Other suggestions

- Ensure you have at least 3 serves of low-FODMAP vegetables per day
- A good substitute for garlic is garlic-infused oil
- A good substitute for onion is asafoetida/hing (a spice)
- Stock cubes that have no onion or garlic are low-FODMAP.

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Low FODMAP Diet - Step 1

✓ Dairy, Soy, Lactose-free foods that are low in FODMAPs

Milk
Almond milk
Lactose-free milk
Rice milk
Some soy milks (made with soy protein, check ingredients list)
Cheese
Brie
Camembert
Cheddar cheese (e.g. tasty cheese)
Colby cheese
Cream cheese (2 tablespoons)
Edam cheese
Feta (goat or cow)
Gouda cheese
Mozzarella cheese
Soy cheese
Swiss cheese
Gruyere
Emmenthal
Jarlsberg
Yoghurt
Coconut yoghurt
Soy yoghurt
Others
Butter
Cream, whipped (< 1/2 cup)
Margarine
Milk, coconut (canned)
Sour cream

⚠ How to tell if there is enough calcium in your dairy alternative

NUTRITION INFORMATION		
Servings per pack: 4 Serving size: 1 cup (250mls)		
	Per Serving	Per 100mls
Energy	683kJ	273kJ
Protein	8g	3.2g
Fat – Total	8.8g	3.5g
<i>Saturated</i>	1g	0.4g
Carbohydrate	12.8g	5.1g
<i>Sugars</i>	5g	2g
Dietary Fibre	0.8g	0.3g
Sodium	45mg	113mg
Calcium	300mg	120mg
Potassium	365mg	146mg

Choose products that have **at least 120mg** of calcium per **100mls**

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Low FODMAP Diet - Step 1

Dairy products that are high in FODMAPs

Foods	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Milks						
Buttermilk						•
Cow's milk (including A2 milk)						•
Cow's milk powder						•
Evaporated milk						•
Goat's milk						•
Goat's milk powder						•
Oat milk	•	•				
Some soy milks (made with whole soy beans)		•				
Cheese						
Haloumi cheese						•
Ricotta cheese						•
Yoghurt						
Dairy food (all flavours)						•
Fruit yoghurt						•
Natural yoghurt						•
Sweetened yoghurt						•
Other dairy products						
Cream, whipped (>1/2 cup)						•
Custard						•
Ice-cream						•
Kefir						•
Sour cream						•
Sweetened - condensed milk						•

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Low FODMAP Diet - Step 1

✓ Protein sources that are low in FODMAPs

Animal protein	
Meat (beef, lamb, pork)	
Chicken	
Fish (fresh, tinned)	
Eggs	
Seafood	
Vegetarian	
Vegetarian mince (without garlic or onion)	
Tempeh, plain	
Tofu, plain / firm	
Legumes/Pulses	Quantity
Chickpeas – canned, drained, and rinsed	¼ cup
Lentils – canned, drained, and rinsed	½ cup
Mung beans, sprouted	2/3 cup
Nuts / Seeds – choose one option per day	Quantity
Almonds	10 nuts
Brazil nuts	10 nuts
Chestnuts	10 nuts
Chia seeds, white and black	2 tablespoons
Hazelnuts	10 nuts
Hemp seeds	2 tablespoons
LSA (linseed, sunflower, almond mix)	1 tablespoon
Linseeds / flaxseeds	1 tablespoon
Macadamias	20 nuts
Peanuts	32 nuts
Pecan	10 halves
Pine nuts	1 tablespoon
Poppy seeds, white and black	2 tablespoons
Pumpkin seeds / pepitas	2 tablespoons
Sesame seeds	1 tablespoon
Sunflower seeds	2 teaspoons
Walnuts	10 halves

Other suggestions

If you use protein powder, pea protein has a very wide variety of FODMAPs. Use a rice protein powder or Sacha Inchi powder instead.

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Low FODMAP Diet - Step 1

Protein sources that are high in FODMAPs

Foods	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Vegetarian protein						
Falafel	•	•				
False chicken (soy beans)	•	•				
Lentil burger patty	•	•				
Mince, vegetarian, with onion	•	•				
Soy protein, textured (TVP)	•	•				
Soy protein powder	•	•				
Tofu, silken	•	•				
Legumes/Pulses						
Adzuki beans		•				
Baked beans	•	•			•	
Black beans	•	•				
Borlotti beans		•				
Broad beans					•	
Butter beans		•				
Cannellini beans	•	•				
Chickpeas / garbanzo beans		•				
Fava beans					•	
Four bean mix		•			•	
Haricot beans	•	•				
Lentils, green		•				
Lentils, red		•				
Lima beans	•	•				
Mung beans, boiled	•	•				
Navy beans	•	•				
Pinto beans	•	•				
Red kidney beans	•	•				
Soya beans / edamame	•	•				
Split peas	•	•				
Nuts/Seeds						
Cashews	•	•				
Pistachios	•	•				

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Low FODMAP Diet - Step 1

✓ Breads, cereals, flours, and grains that are low in FODMAPs

Breads
Specialty "Low FODMAP" bread
Cornbread
Corn taco shell, hard
Gluten free bread, white
Spelt sourdough
Cereals
Cocoa puffs – gluten free
Cornflakes - gluten free
Quinoa flakes
Rice flakes
Rolled oats
"FODMAP Friendly" muesli
Wheat biscuits – gluten free
Flours
Arrowroot flour
Buckwheat flour
Cornflour
Cornstarch
Gluten free flour, plain
Green banana flour
Maize flour and starch
Millet flour
Quinoa flour
Rice flour
Teff flour
Potato starch
Tapioca Starch
Grains / Pasta / Rice
Bran, oat
Bran, rice
Millet, hulled
Noodles, kelp
Noodles, rice
Noodles, vermicelli
Pasta – gluten free
Pasta – quinoa
Pearl barley – sprouted only
Polenta
Quinoa
Rice (all types)
Soba noodles (100% buckwheat noodles only)
Wonton wrapper

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Low FODMAP Diet - Step 1

Breads, cereals, flours, and grains that are high in FODMAPs

Foods	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Breads						
Bread, gluten free, multigrain	•				•	
Bread, naan or roti	•	•				
Bread, pumpernickel	•					
Bread, rye	•	•			•	
Bread, rye, sourdough	•	•				
Bread, oat, sourdough		•				
Bread, wheat	•	•				
Raisin toast	•				•	
Cereals						
Amaranth, puffed grain	•	•				
Corn flakes	•					
Wheat flakes	•					
Barley flakes	•					
Spelt flakes	•					
Muesli	•	•				
Wheat biscuits	•				•	
Flours						
Almond meal		•				
Amaranth flour	•	•				
Barley flour	•	•				
Chestnut flour	•					
Coconut flour	•		•		•	
Khorasan flour	•					
Rye flour	•					
Spelt flour	•	•				
Wheat flour	•	•				
Grains / Pasta / Rice						
Barley, pearl	•	•				
Bourghal	•	•				
Bran, wheat	•					
Buckwheat kernels	•					
Couscous	•					
Freekeh	•	•				
Gnocchi	•					
Noodles, wheat	•				•	
Pasta, spelt	•					
Pasta, wheat	•					
Semolina	•					
Wheat germ	•	•				
Wheat grain, sprouted	•					

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Low FODMAP Diet - Step 1

✓ Snacks, bars, and cookies that are low in FODMAPs

Biscuit, plain, sweet (<4)
Corn chips, plain
Crackers, savoury, plain, wheat (<5)
Crackers, savoury, wholemeal (<5)
Popcorn, plain or butter
Potato chips, plain
Potato chips, salted
Pretzels (<1 cup)
Rice cakes, plain
Rice crackers, plain

⚠ Snacks, bars, and cookies that are high in FODMAPs

Food	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Cereal bar, wheat based	•					
Chocolate biscuits	•					
Chocolate chip biscuits	•					
Corn thins, flavoured	•					
Corn thins, plain	•					
Energy bar, apple and berry	•					
Energy bar, fruit and nut	•				•	
Energy bar, peanut butter	•	•				
Fruit biscuit	•					
Muesli bar, fruit based	•					
Rye crispbread	•					
Shortbread biscuits	•					

✓ Buying 'FODMAP Friendly'

There a range of products in the supermarket that have been tested and certified as low FODMAP. Look for the following symbols on the labels:



Be sure to stick to the serving size as this is the tested amount. Eating more than the serving size listed will increase the amount of FODMAPs present and might make this a higher FODMAP food.

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Low FODMAP Diet - Step 1

✓ Condiments that are low in FODMAPs

Spreads
Almond butter (1 tablespoon)
Marmalade
Peanut butter
Raspberry jam (2 tablespoons)
Strawberry jam
Yeast spreads
Dips
Eggplant dip / baba ganoush (2 tablespoons)
Tahini paste (2 tablespoons)
Salsa, mild, no onion
Wasabi paste
Sauces
Barbeque sauce
Fish sauce
Horseradish
Mayonnaise
Mint jelly / sauce
Miso paste
Oyster sauce
Shrimp paste
Soy sauce
Stock - no garlic or onion
Sweet and sour sauce
Tomato paste
Tomato sauce
Verjuice
Vinegar, apple cider
Vinegar, malt
Vinegar, red wine
Vinegar, rice wine
Worcestershire sauce
Pickles
Capers in vinegar
Capers, salted
Chutney
Mustard
Mustard, dijon

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Low FODMAP Diet - Step 1

Condiments that are high in FODMAPs

	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Spreads						
Blueberry jam					•	
Honey					•	
Mixed berry jam			•			
Quince paste	•					
Dips						
Caviar dip / taramasalata						•
Creamy dips	•					•
Hummus (all flavours)	•	•				
Tzatziki / raita	•				•	
Sauces						
Balsamic vinegar					•	
Pasta sauce – cream based	•					•
Pasta sauce – tomato	•	•				
Pesto	•					
Pickles						
Vegetable pickles / relish	•					

All herbs and spices are low in FODMAPs

Herbs	Spices
Allspice / pimento - ground / whole	Asafoetida / hing
Asian chives	Basil
Bay leaves	Cardamom – ground / whole
Chilli powder / flakes / whole	Chives
Cinnamon – ground / whole	Cloves – ground / whole
Coriander	Coriander seeds – ground / whole
Cumin – ground / whole	Curry leaves
Curry powder	Dill
Fennel seeds	Fenugreek
Five spice	Ginger – fresh / dried / ground
Gotukala	Kaffir lime leaves
Lemongrass	Marjoram
Mint	Mixed spice
Mustard seeds – ground / whole	Nutmeg
Oregano	Pandan
Paprika	Pepper
Rosemary	Saffron
Sage	Star anise
Tarragon	Thai basil
Thyme	Turmeric – fresh / dried / ground
Vanilla bean pods and essence	

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Low FODMAP Diet - Step 1

✓ Sugars and confectionary that are low in FODMAPs

Confectionary
Agar agar
Chocolate – dark
Instant jelly – raspberry, strawberry, lime
Sugar
Stevia
Sugar, brown
Sugar, coconut
Sugar, icing
Sugar, palm
Sugar, raw
Sugar, white
Maple syrup
Rice malt syrup

⚠ Sugars and confectionary that are high in FODMAPs

Foods	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Confectionary						
Chewing gum / breath mints			•			
Chocolate, milk						•
Chocolate, white						•
Fruit bar	•				•	
Sugar						
Agave syrup (light and dark)	•				•	
Golden syrup	•					
Honey					•	
Molasses	•				•	
Sorghum syrup	•					

✓ Fats and oils that are low in FODMAPs

Butter
Margarine
Mayonnaise (regular and low fat)
Oil, avocado
Oil, canola
Oil, coconut
Oil, garlic infused
Oil, olive
Oil, peanut
Oil, rice bran
Oil, sesame
Oil, sunflower
Oil, vegetable

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Low FODMAP Diet - Step 1

✓ Beverages that are low in FODMAPs

Coffee
Cappuccino with milk alternative (some soy milks, lactose free, almond, rice milk)
Espresso, black
Flat white with milk alternative (some soy milks, lactose free, almond, rice milk)
Instant, black
Instant, black, with up to 1 tablespoon of milk
Instant, with milk alternative (some soy milks, lactose free, almond, rice milk)
Latte with milk alternative (some soy milks, lactose free, almond, rice milk)
Drink powders
Brown rice protein, sprouted
Cocoa powder
Drinking chocolate
Protein supplement – pea protein
Spirulina powder
Wheatgrass powder
Fermented drinks
Kvass
Juices
Cranberry juice
Tomato juice
Vegetable juice – tomato, carrot, celery, beetroot
Tea
Black tea
Black tea, with up to 1 tablespoon of milk
Black tea, with milk alternative (some soy milks, lactose free, almond, rice milk)
Chai tea, weak
Chai tea, weak, with up to 1 tablespoon of milk
Chai tea, weak, with milk alternative (some soy milks, lactose free, almond, rice milk)
Dandelion tea, weak
Green tea
Peppermint tea
Rooibos tea
Wine, beer, spirits
Beer
Gin
Vodka
Whiskey
Red wine
Sparkling wine
Sweet wine
White wine
White wine, dry

Other suggestions

- Caffeine can irritate the gut. Have no more than one to two caffeinated drinks per day
- Alcohol can irritate the gut. Limit to two standard drinks per day, and only drink alcohol with food.

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Low FODMAP Diet - Step 1

Beverages that are high in FODMAPs

Drink	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Coffee						
Cappuccino, dairy milk						•
Flat white, dairy milk						•
Instant, dairy milk						•
Latte, dairy milk						•
Cordial						
Apple					•	
Orange					•	
Raspberry					•	
Drink powders						
Carob powder	•					
Malted powder						•
Fermented drinks						
Kombucha	•					
Juices						
Apple juice			•		•	
Berry juice			•		•	
Coconut water	•		•			
Orange juice					•	
Tropical juice			•		•	
Tea						
Chrysanthemum	•					
Chai tea, strong	•					
Chamomile tea	•					
Dandelion tea, strong	•					
Fennel tea	•	•				
Herbal tea	•					
Oolong tea	•					
Wine, beer, spirits						
Rum					•	
Sticky wine					•	

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Low FODMAP Diet - Step 1

How to read food labels for FODMAPs

Reading the ingredients list of a product can give you a rough idea if it has FODMAPs in it.

- The ingredients are listed in order of weight, from highest to lowest. If a high FODMAP ingredient is listed in the first few ingredients then the product may be high in FODMAPs and will initially need to avoid these foods.
- Even if there are no high FODMAP ingredients listed, the product may still be high FODMAP due to the effects of food processing and the serving size.

The following are high FODMAP ingredients, and if these are listed in the first few ingredients on the label it may mean the product is high in FODMAPs:

Fructose:

- High fructose corn syrup
- Honey
- Fruit juice or fruit juice concentrate
- Fruit pieces
- Crystalline fructose
- Agave syrup
- Fruit sugar
- Dried fruit

Polyols:

- Sorbitol (420)
- Mannitol (421)
- Xylitol (967)
- Isomalt (953)
- Erythritol (968)
- Prune juice
- Fruit juice concentrate
- Dried fruit

Fructans:

- Almond meal
- Garlic / garlic salt / garlic powder / garlic extract
- Onion / onion salt / onion powder /onion extract
- Wheat (if a main ingredient)
- Rye (if a main ingredient)
- Barley (if a main ingredient)
- Inulin
- Chicory / chicory root extract / chicory root powder

Tips:

1. Gluten-free products are often, but not always, low in FODMAPs. Check the ingredient list.
2. Many dips and sauces have garlic and/or onion added.
3. If you are unsure about a food, try including it in small amounts when your symptoms are well controlled – if you can tolerate it, then it is safe for you to have.



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Low FODMAP Diet - Step 1

Eating out on a low-FODMAP diet

Eating out can be hard because high FODMAP foods such as onion and garlic are often used but not written on the menu.

- Look at the menu online before going out, and spend some time identifying the best option for you.
- Ask for your worst trigger foods to be taken out of your meal.
- Try ordering a gluten free meal.
- Choose a protein-based meal, such as fish, red meat, or poultry, that is served with vegetables on the side.
- Avoid very rich dishes with lots of sauce, such as curry, as they often include onion and garlic.
- Avoid dishes made with stock, such as risotto, as these often include onion and garlic.
- Ask for no onion and no garlic, or ask which dishes do not contain these.
- Ask for dips, sauces, and dressings to be served separately as these often contain onion and garlic.
- Call the restaurant before you go for more complicated requests.

Some cuisines and dishes are more likely to have low-FODMAP options; look for:

Vietnamese

- Rice vermicelli with beef, chicken, prawn, or tofu (ask for plain/firm tofu, and no onion in the salad).
- Rice paper rolls (ask for no onion).
- Bun (ask for sauces to be separate, plain meat, and no onion in the salad).

Thai

Avoid curries as these often include onion and garlic. Low-FODMAP options include:

- Duck / chicken / pork / beef stir-fry with low-FODMAP vegetables
- Vegetarian stir-fry with firm tofu and low-FODMAP vegetables
- Prawn and mixed seafood stir-fry with low-FODMAP vegetables

Japanese

- Sushi, sashimi, tempura
- Grilled tofu, seafood, beef, or chicken served with rice and vegetables
- Rice noodles with meat and vegetables

Greek

- Saganaki, olives (plain), horta, chargrilled fish / scallops / octopus / tiger prawns, potatoes, chicken, mixed grill with salad and potatoes.
- Avoid dips like moussaka, and pistachio- and honey-based desserts

Pub meals and pizza

- Pizza made with gluten free base and low-FODMAP toppings
- Take your own pot of tomato sauce with no garlic / onion and ask the kitchen to use this.
- Grilled meat / chicken / fish served with vegetables / salad / potato.

Ask for sauces to be served separately and for plain meat if it is marinated.

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Low FODMAP Diet - Step 1

Probiotics

Probiotics are live micro-organisms, which when taken in adequate amounts can give a health benefit. There are many varieties available in New Zealand, which come in capsules, powders, liquids, and added to food products, such as yoghurts, fermented milk drinks, and fermented foods.

Can probiotics help with IBS?

There is research that suggests our gut bacteria plays a role in the cause of IBS, and can make a difference to the symptoms of IBS. Taking a probiotic supplement may help when avoiding FODMAPs.

How do probiotics work?

It is likely that people who have irritable bowel syndrome have abnormally low amounts of gut bacteria. Probiotics can help by replacing the missing gut bacteria, and fight against unhelpful types of bacteria that may be in the gut. Probiotics also work by:

- Altering how your gut ferments foods.
- Changing the movement of the gut and its contents.
- Reducing hyper-sensitivity.
- Changing anxiety behaviours and brain activity in IBS.

How effective are probiotics in IBS?

There has been a lot of research done to discover how well probiotics work with IBS. Many studies have shown that taking a probiotic can be safe and effective for people with IBS, but there is not enough information to make a firm recommendation about which dose or strain would be best to take. It is best to stop using probiotics when you are completing step 1 (elimination phase).

Take home message about probiotics in IBS

- Probiotics appear to be safe to take in IBS but may not work in everyone.
- Check the other ingredients, as some probiotics contain prebiotics that are high FODMAP, such as inulin or FOS.
- You may experience a mild improvement in symptoms.
- Different people can have improvements in different symptoms.
- Trial one probiotic at a time for a minimum of four weeks and monitor your symptoms.
- Benefits can take up to three to four weeks to be felt.
- Make sure you take the probiotic regularly, as benefits are lost within days when you stop.

Talk to your dietitian about a suitable probiotic to trial.

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Low FODMAP Diet - Step 1

Low FODMAP meal plan suggestions

Breakfasts

- Porridge oats with low-FODMAP berries and lactose free milk / suitable soy milk.
- Porridge oats with cinnamon, brown sugar or maple syrup.
- Homemade muesli with oats, seeds, nuts and gluten free grains with lactose free yoghurt, blueberries and kiwifruit.
- Gluten free / wheat free bread, toasted with margarine and marmalade or boiled egg.
- Buckwheat pancakes with maple syrup and blueberries.
- Smoothie with ½ semi-ripe banana, ½ cup frozen strawberries, 2 teaspoons psyllium, 2 teaspoons LSA (ground linseed, sunflower seed and almond mix) and lactose free milk / some soy milks.
- Omelette or scrambled egg and gluten free / wheat free toast or bread.

Light meal

- Sandwich made with gluten free / wheat free bread with tuna mayonnaise filling.
- Sandwich made with gluten free / wheat free bread with ham and lettuce / tomato filling.
- Cheddar cheese and corn crackers.
- Small amount of avocado and smoked chicken.
- Carrot or pumpkin soup with gluten free / wheat free bread.
- Frittata / Spanish omelette.
- Baked potato with mince / hard cheese / tuna mayonnaise.
- Sushi.

Main meal

- Gluten free / wheat free pizza base with tomato, olive, chicken / sausage / ham, cheese topping.
- Steak, potato and low FODMAP vegetables.
- Chicken stir fry with soy sauce or tamarind sauce, served with rice noodles or rice.
- Baked / poached / grilled fish with, rice, potato, fries or small amount kumara and low FODMAP vegetables.
- Gluten free / wheat free pasta or spaghetti with mince in a tomato sauce.
- Egg fried rice with chicken or sea food.

Snacks

- Kiwifruit, grapes, strawberries or green / unripe banana.
- Rice cakes with peanut butter / cheese and gluten free marmite / hazel nut spread.
- Sunflower, peanut and almond nut mix.
- Gluten free / wheat free baking.
- Carrots, cucumber, cherry tomatoes with low fat dip.
- Hardboiled egg.
- Rice pudding.

Useful websites

- <https://www.monashfodmap.com/blog/monash-low-fodmap-recipe-index/>
- https://alittlebityummy.com/recipes/?s=&is_v=1

This nutrition information has been developed for use by Te Whatu Ora Health New Zealand – Waitematā Dietitians. It may be used by other healthcare professionals if appropriate training has been given. Please consult Te Whatu Ora Health New Zealand – Waitematā Dietitians if you have questions about using this information.

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