

FODMAP Diet

Scleroderma Foundation Michigan Chapter

FODMAP stands for *Fermentable, Oligosaccharides* (fructans and galactans), *Disaccharides* (lactose), *Monosaccharides* (excess fructose in a food), and *Polyols* (sugar alcohols like sorbitol, maltitol, mannitol, xylitol, and isomalt).

To resolve problematic gastrointestinal symptoms such as severe gas, bloating, discomfort, diarrhea, and/or constipation, consider removing foods containing wheat (gluten) or dairy (lactose) from your diet, one food item at a time. These foods often are difficult to digest. If removing wheat and/or dairy products does not provide relief, starting a low FODMAP diet may prove beneficial.

FODMAPs are sugars and other carbohydrates found in a variety of foods that tend to be poorly digested and absorbed by the gut. These components are easily fermented by bacteria in the intestine, and can cause abdominal pain, gas, bloating, diarrhea and/or constipation. Aggravating gastrointestinal symptoms often resolve when foods rich in FODMAP's are removed from the diet.

FODMAP CATEGORY	FOODS TO AVOID*	FOODS TO CHOOSE**
Oligosaccharides: Fructans & Galactans Fructo-oligosaccharides (FOS) Galacto-oligosaccharides (GOS)	<ul style="list-style-type: none"> • Products containing wheat and rye • Breaded meats • Bran cereals • Inulin (check ingredient list) • Soy products • Legumes (black, kidney, pinto beans, garbanzo, etc.) • Lentils • Vegetables such as asparagus, cabbage, broccoli, artichokes, leeks, shallots, onion, garlic 	<ul style="list-style-type: none"> • Corn tortillas, grits, oatmeal, unsweetened corn or rice cereals, rice, barley and rice noodles • Products labeled "gluten-free" (GF) are usually well-tolerated, such as GF bread and pasta • Vegetables such as celery, spinach, potatoes, carrots, corn, lettuce
Disaccharides: Lactose	<ul style="list-style-type: none"> • Milk and milk products such as yogurt, pudding, ice cream, custard 	<ul style="list-style-type: none"> • Lactose-free milk and milk products • Hard cheese (cheddar, Swiss, etc.) • Unsweetened almond milk • Unsweetened rice milk
Monosaccharides: Contain excess fructose	<ul style="list-style-type: none"> • Fruits such as apple, pear, watermelon, papaya, mango, star fruit, guava, dates, figs, raisins and currants • High fructose corn syrup • Corn syrup solids (check ingredients) • Honey • Agave nectar • Fruit juices containing apple or pear 	<ul style="list-style-type: none"> • Berries such as blueberry, cranberry, raspberry, strawberry • Citrus fruits such as kumquat, grapefruit, lemon, lime, mandarin, orange and tangelo • Other fruits such as banana, kiwi, passion fruit, pineapple and rhubarb
Polyols	<ul style="list-style-type: none"> • Fruits such as apricot, nectarine, plum, peach, pear, apple, cherries and prunes • Large amounts of vegetables such as avocado and mushrooms • Foods labeled "diet" or "sugar free" often contain sugar alcohols (listed above) 	<ul style="list-style-type: none"> • Small amounts of foods containing polyols may be tolerated

*Some foods may be tolerated in small amounts

**Foods absent from the list may or may not cause distress

A one-on-one consultation with a dietitian is recommended to ensure that this restrictive low FODMAP diet will adequately meet your nutritional needs. To find a dietitian in your area, visit www.eatright.org.