

FODMAPs Elimination and Challenge Diet

The FODMAPs (Fermentable Oligo-, Di-, and Monosaccharides And Polyols) Elimination and Challenge Diet helps lessen the symptoms of Irritable Bowel Syndrome (IBS) by limiting specific carbohydrates in food that some people cannot fully digest or absorb. FODMAPs carbohydrates include those containing lactose (milk, milk products), fructose (honey, fruit, high fructose corn syrup), fructans (wheat, certain vegetables), polyols (certain fruits, certain sugar-free foods), and galactans (beans, dried peas, soy). The goal is to identify the threshold at which you are able to consume FODMAPs foods without causing bothersome GI symptoms.

Low FODMAPs Foods* - Elimination Phase

The Elimination Phase takes two weeks. Eliminate all FODMAPS by eating only foods from the allowed food list below. Read labels for specific ingredients for any processed or prepared foods. If your IBS symptoms are caused by FODMAPS carbohydrates, you will typically experience a positive response within the first two weeks after eliminating them.

GRAINS

Amaranth
Corn meal
Oats, Oat bran
Popcorn, low-fat
Quinoa
Rice
Gluten-free bread, cereals, pastas and crackers without honey, apple/pear juice, agave or HFCS

FRUIT

Banana, ripe
Blueberries
Cantaloupe
Cranberries, raw
Dragon fruit
Grapefruit juice
Grapefruit
Grapes
Honeydew melon
Kiwi
Lemon juice
Lime juice
Orange juice
Orange
Papaya
Pineapple
Raspberries
Rhubarb
Strawberries
Tangelo
Fruit sorbet from allowed fruits

VEGETABLES

Arugula
Bamboo shoots
Bean sprouts
Bell pepper
Beets
Bok choy
Carrots
Celery
Chives
Cucumber
Eggplant
Fennel bulb
Green beans
Green peas
Lettuce
Okra
Radishes
Scallions (green part only)
Seaweed/nori
Spinach, cooked or raw
Tomatoes or tomatillos
Water chestnuts
Pickle, dill or sour
Potato, boiled or baked
Pumpkin
Rutabaga
Squash, winter
Sweet potato
Turnips

DAIRY

Butter
Cheese, cheddar, Swiss, brie, blue, mozzarella, parmesan, and feta
Cheese, ricotta, part-skim
Cottage cheese, lactose-free
Cream cheese
Margarine
Mayonnaise
Tartar sauce
Half-and-half
Ice cream, lactose-free
Kefir, lactose-free
Milk, almond, coconut, hazelnut, hemp, rice
Milk, lactose-free cow's milk, skim or low-fat
Sour cream
Yogurt, lactose-free
Whipped cream

MEAT/PROTEIN-RICH

Beef, lean
Chicken
Eggs
Fish
Lamb, lean cuts
Pork, lean cuts
Shellfish
Tempeh
Tofu, except silken
Turkey
Venison

NUTS, SEEDS, OILS

Chia seeds
Nuts, any type except pistachios
Oil, any type
Olives
Peanut butter
Seeds, sesame or sunflower

DRINKS

Coconut water
Coffee, back, brewed
Sucrose-sweetened soft drink
Tea, black or green
Wine, red or white
Unsweetened spirits such as gin, vodka, whiskey

SWEETNERS

Cocoa, chocolate
Jam or jelly
Maple syrup, real
Sugar

ADDITIVES/ INGREDIENTS

Table sugar, granulated sugar, cane sugar, dehydrated sugar cane juice, beet sugar, raw sugar, confectioners' sugar, sucrose, Splenda, aspartame, saccharide, vinegar, wheat-free soy sauce (tamari)

***NOTE – For all italicized foods, limit consumption to one portion size per meal (1/2 cup for fruit, 1/3 cup for fruit juice, 1/2 cup for vegetables, 2 tablespoons for nuts, 2 tablespoons for dairy-based condiments, 1 ounce for hard cheeses, 1/3 cup for soft and shredded cheese, 1 ½ tablespoon for sweeteners, 4 ounces for alcoholic drinks, 8 ounces for non-alcoholic drinks)**

High FODMAPs Foods* - Challenge Phase

The Challenge Phase takes approximately six weeks. Add foods from each group one group at a time for a week, monitoring symptoms as you go along. On the first day of each week, eat just one or two normal servings of foods you used to eat routinely from the group. If symptoms are not severe after the first day, be more aggressive by eating the largest portions from the test group that you might typically eat. Select multiple items from the group list for each meal (galactans is the exception; eat only small amounts and only once a day). Eat this way for several days to a week or until you clearly experience painful and uncomfortable symptoms. After each challenge, return to the basic elimination diet for a few days before starting the next group. If you experience severe symptoms, return to the basic elimination diet for two weeks before starting the next group.

LACTOSE GROUP

Cheese, larger servings
Frozen yogurt, sweetened with sugar only (no inulin or polydextrose)
Ice cream, sweetened with sugar only (no inulin or polydextrose)
Milk, unflavored, all types
Yogurt, cow's milk, sweetened with sugar only (no inulin, high fructose corn syrup or polydextrose)

FRUCTOSE GROUP

Barbecue sauce
Carbonated non-diet soft drink
Catsup
Coconut milk or cream
Crystalline fructose
Dried fruit bars or leathers
Dried fruit, any type but raisins
Figs
Fructose
Fruit "drink" or punch
Fruit juice, any type but apple
Fruit spreads
Fruits on allowed list, larger servings
Granola or snack bars
High-fructose corn syrup
Honey
Ice tea made from mix or pre-made
Jam or jelly, commercially made
Lemonade made from mix or pre-made
Mangos
Melon, any type but watermelon
Molasses
Pancake syrup
Papayas
Plum sauce
Rose wine
Sherry
Sweet and sour sauce
Tomato paste

FRUCTANS GROUP

Artichokes
Asparagus
Bagel
Banana, greener
Beer
Breads made of wheat
Breakfast cereal made of wheat
Broccoli
English muffin
Flour tortilla
Fructo-oligosaccharides
Garlic
Green onion
Inulin
Kale
Leeks
Onions
Pastry
Pineapples
Pizza dough made of wheat
Rye
Shallots
Spaghetti or pasta made of wheat
Summer squash
Zucchini

POLYOLS GROUP

Apricots
Hydrogenated starch hydrolysates
Isomalt
Low-calorie or light frozen desserts
Low-calorie, sweetened carbonated water
Maltitol
Mannitol
Nectarines
Plums
Polydextrose
Sorbitol
Sugarless candy
Sugarless gum
Xylitol

SPECIAL CASE FRUITS 1 GROUP

Apple cider
Apple juice
Applesauce
Apples, any variety
Apricots
Fruit juice blends including apple
Juice from canned fruit
Peaches
Pears
Prunes
Prune juice
Sweet cherries

SPECIAL CASE FRUITS 2 GROUP

Grapes
Raisins
Mangos
Watermelon

GALACTANS GROUP

Baked beans, canned without high fructose corn syrup or molasses
Black-eyed peas
Brussel sprouts
Cabbage
Dried or canned beans, all kinds
Dried peas, all kinds
Green beans
Hummus
Lentils
Soy-based vegetarian convenience food
Soy milk
Textured vegetable protein (TVP)
Veggie burgers
Yellow beans