

Healthy Nutrition for a Low FODMAP plan



Following a low FODMAP diet may reduce symptoms of irritable bowel syndrome (IBS) or inflammatory bowel disease (IBD). IBS is a disorder that causes symptoms like cramping, diarrhea, and constipation. IBD conditions lead to inflammation of the gastrointestinal tract.

General Nutrition:

- Try following a Low FODMAP plan as guided by your Registered Dietitian for 2-6 weeks
- Instead of large meals, consume smaller meals more frequently throughout the day
- You may need to limit fiber intake to 3-4 grams per serving
- Drink adequate fluids each day to help with digestion

Some Low FODMAP Foods:

- Lactose-free dairy
- Gluten-free grains
- Tender, well-cooked poultry, meat, fish, eggs, or soy foods
- Low FODMAP nuts like pine nuts, pecans, and peanuts
- Vegetables such as green beans, pumpkins, and eggplant
- Fruits such as blueberries, oranges, and grapes
- Unripe bananas

General Recommendations:

- Make shopping lists of low FODMAP foods. It's important to pay special attention to labels and ingredient statements
- If a high FODMAP food is at the bottom of an ingredient list, it may be low FODMAP and safe to try. Consume a small amount without other foods when you are first introducing it in your diet
- You may find that you are able to gradually re-introduce high FODMAP foods over time

Sample Meal: Low FODMAP Dinner

- 3/4 cup cooked tempeh
- 1 cup stir-fried mixed vegetables
- 1/2 cup brown rice
- Side salad with 2 cups spinach, 1/2 cup blueberries, chopped peanuts, and 1 tbsp. poppy seed dressing
- Afternoon snack: Gluten-free crackers and 1 tablespoon of peanut butter

Potential Benefits:

- Following recommendations can help manage symptoms such as constipation, bloating, and diarrhea.
- Eating smaller, more frequent meals helps to ease the amount of food moving through the GI tract.

Note: The information contained in this document is informational in nature and is not intended to be a substitute for personal, medical attention from a physician, registered dietitian, or nutritionist. Please consult your healthcare provider for specific recommendations about your medical condition.

Foods to Limit:

- Dairy products such as whole milk and heavy cream
- Some legumes like black-eyed peas and chickpeas
- Some vegetables like cauliflower, celery, and mushrooms
- Wheat-based products
- Ripe bananas
- Beverages sweetened with high-fructose corn syrup or sorbitol
- Honey

