

FODMAPs

*The **Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols Diet** may be indicated for those struggling with carbohydrates in their diet, SIBO, bloating, IBS symptoms, abdominal pain, nausea, changes in bowel habits, etc.*

You may also benefit with a Low FODMAPs diet when you have fructose malabsorption.

EXCESS FRUCTOSE	FRUCTANS	LACTOSE	GALACTO-OLIGOSACCHARIDES	POLYOLS
Honey Apples Mango Pear Watermelon High Fructose Corn Syrup	Artichokes (Globe/Jerusalem) Garlic (large amounts) Leek Onion (brown, white, Spanish, onion powder) Spring onion (white parts) Shallots Wheat (large amounts) Rye (large amounts) Barley (large amounts) Inulin Fructo-oligosaccharides	Milk Ice-cream Custard Dairy desserts Condensed and evaporated milk Milk powder Yoghurt Soft unripened cheese (ricotta, cottage, cream, mascarpone)	Legume beans (baked, kidney, bortolotti) Lentils Chickpeas	Apples Apricots Avocado Cherries Nectarines Pears Plums Prunes Mushrooms Sorbitol (420) Mannitol (421) Xylitol (967) Maltitol (965) Isomalt (953)

The Low FODMAP diet has 2 phases. The 1st phase involves strict restriction of all high FODMAP foods for about 6-8 weeks. After that the 2nd phase follows with the guidance of a practitioner to expand the diet on an individual basis.

We advise that you make an appointment with one of our practitioners if you suspect you may have FODMAPs issues.