

FAST TRACK TO FODMAPs

Let's Eat Life to the Fullest!



FAST TRACK TO FODMAPS

FODMAP 101

FOOD LISTS

GET COOKING
MEAL PLANS!

LET'S GET
STARTED!





FODMAP 101

FOD-what?!

WHAT IS THE
LOW FODMAP
DIET?

WHAT ARE
FODMAPs?

THE 3 PHASES



WHAT IS THE LOW FODMAP DIET?

The Low FODMAP diet is the go-to dietary intervention for the **45 million** Americans (**1 billion** worldwide) suffering with irritable bowel syndrome.

Studies show that following a Low FODMAP diet can provide complete symptom relief for up to **75%** of people suffering with IBS.



WHAT ARE FODMAPs?

FOD-what?! Maybe you haven't heard of FODMAPs before, but you've most certainly eaten them.

FODMAPs are a group of short-chain carbohydrates found in everyday foods such as bread, onions, apples and more.

They are commonly malabsorbed in the small intestine, causing uncomfortable symptoms in those suffering with IBS.



**SPELL IT
OUT!**

**KEY
EXAMPLES**



SPELL IT OUT!

F Fermentable
O Oligosaccharides
D Disaccharides
M Monosaccharides
A And
P Polyols



Fody

HIGH FODMAP EXAMPLES

Here are some examples, do these look familiar?

Oligosaccharides

Wheat, Rye,
Onions, Garlic,
Beans, Split Peas,
Dates, Raisins

Disaccharides

Milk, Cottage
Cheese, Yogurt,
Ice Cream

Monosaccharides

Mango, Honey,
Asparagus,
Sugar Snap Peas

Polyols

Peaches,
Blackberries,
Prunes,
Cauliflower,
Celery



The Low FODMAP diet has 3 phases.
Let's break them down.

PHASE 1: LOW FODMAP DIET (ELIMINATION)

For 2-6 weeks, high FODMAP foods are completely avoided until symptoms are eliminated or significantly reduced.



PHASE 2: FODMAP REINTRODUCTION

High FODMAP foods from each group are added back to your diet, one-by-one. It is important to challenge only one type of FODMAP at a time, otherwise it will be impossible to tell which group(s) are triggering your symptoms.





PHASE 3: FODMAP PERSONALIZATION

Once you have determined which FODMAP group(s) are a problem for you, it's time to integrate what you've learned into your everyday life!





LOW FODMAP FOODS TO ENJOY!

Manage your IBS symptoms by focusing your diet on these foods.



All Fody Foods products are Low FODMAP, making it easy for you to identify Low FODMAP foods like these to complete your diet.

LOW POLYOLS

VEGETABLES

Celery <1/4 stalk,
Sweet Potato < 1/2 cup

FRUITS

Avocado <1/8, Clementine,
Coconut, Dragon Fruit, Grapes,
Honeydew, Kiwi, Lemons,
Limes, Oranges, Passion Fruit,
Papaya, Pineapple, Raspberries,
Strawberry

SWEETNERS

Table Sugar, Glucose,
Maple Syrup, Aspartame, Stevia

LOW FRUCTANS / GOS

VEGETABLES

Arugula, Bok Choy,
Bean Sprouts, Bell Peppers,
Carrots, Chives, Collard Greens,
Cabbage, Cucumber, Eggplant,
Endive, Green Beans, Ginger Root,
Kale, Lettuce, Parsnip, Potato,
Radish, Scallion (Greens
Only), Spinach, Swiss Chard,
Summer Squash, Tomatoes,
Turnip, Water Chestnuts, Zucchini

GRAINS

Gluten Free Bread, Corn/Rice/
Quinoa Pasta, Rice Cakes, Potato &
Tortilla Chips, Rice (Brown/White,
Basmati), Quinoa, Oats <1/2 Cup
Cooked, Sourdough Spelt Bread,
Polenta, Corn Tortilla

NUTS & SEEDS (limit 1-2 Tbsp)

Almonds, Macadamia, Peanuts,
Pecans, Pine Nuts, Walnuts,
Pumpkin Seeds, Sesame Seeds,
Sunflower Seeds, 2 Tbsp Chia
Seeds, 1 Tbsp Flax

NO EXCESS FRUCTOSE

FRUITS (limit 1 serving per meal)

Banana, Blueberries, Cantaloupe,
Clementine, Coconut, Dragon
Fruit, Grapes, Honeydew, Kiwi,
Lemons, Limes, Mandarin
Oranges, Papaya, Passion Fruit,
Pineapple, Raspberries, Rhubarb,
Starfruit, Strawberry

SWEETNERS

Pure Maple Sugar, Table Sugar,
Brown Sugar

ALCOHOL (limit 1 drink)

Beer, Gin, Vodka, Whiskey, Wine

LOW LACTOSE

DAIRY

Almond Milk, Brie, Camembert,
Cheddar, Chevre (Goat Cheese),
Coconut Milk, Colby, Feta,
Hemp Milk, Lactose Free Dairy,
Mozzarella, Parmesan, Swiss

References: Monash
University Low FODMAP
App; USDA Nutrient
Databank.

This information is not
intended to be a substitute
for medical advice or to
diagnose disease. Please
consult your doctor.

Download the list at <https://www.fodyfoods.com/pages/low-fodmap-food-list>



HIGH FODMAP FOODS TO AVOID

Manage your IBS symptoms by limiting these foods in your diet.



All Fody Foods products are Low FODMAP, providing excellent alternatives to many of your favorite High FODMAP foods listed here.

HIGH POLYOLS

VEGETABLES

Cauliflower, Sweet Corn, Mushrooms, Snow Peas

FRUITS

Apples, Apricots, Blackberries, Nectarines, Pears, Peaches, Plums, Prunes, Watermelon

SWEETENERS

Sorbitol, Mannitol, Maltitol, Isomalt, Xylitol (Sugar-Free Gum, Mints, Cough Drops & Some Medications)

HIGH FRUCTANS / GOS

VEGETABLES

Artichokes, Chickpeas > 1/4 Cup, Garlic, Lentils > 1/2 Cup, Red Kidney Beans, Baked Beans, Leeks, Shallot, Soybeans (Edamame, Soy Flour, Soy Milk), Onion, Onion & Garlic Salt

FRUITS

Currants, Dates, Figs (Dried), Grapefruit, Nectarine, Persimmon, Plums, Prunes, White Peaches, Watermelon

GRAINS

Rye, Wheat, Barley, Inulin (may be labeled Chicory Root or FOS)

NUTS

Pistachios, Cashews

OTHER

Teas (Chamomile, Fennel, Oolong), Carob > 2 tsp

EXCESS FRUCTOSE

VEGETABLES

Artichoke (Jerusalem), Asparagus, Sugar Snap Peas, Sun-Dried Tomatoes, Tomato Paste

FRUITS

Apples, Boysenberry, Cherries, Fresh Figs, Mango, Pears, Tamarillo, Watermelon

SWEETENERS

Agave, Honey, High Fructose Corn Syrup

ALCOHOL

Rum

LOW LACTOSE

DAIRY

Custard, Cottage Cheese, Evaporated Milk, Ice Cream, Milk, Ricotta, Yogurt

References: Monash University Low FODMAP App; USDA Nutrient Databank.

This information is not intended to be a substitute for medical advice or to diagnose disease. Please consult your doctor.

Download the list at <https://www.fodyfoods.com/pages/high-fodmap-food-list>



LOW FODMAP TOOLS

MONASH LOW FODMAP APP

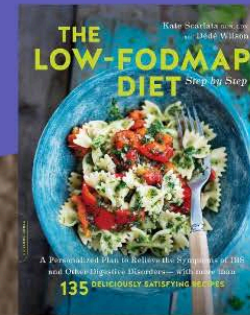


Download the Low FODMAP app for an extensive and user-friendly guide to all high and low FODMAP foods.

MONASH UNIVERSITY

- Developed the Low FODMAP Diet in Australia
- All Fody products are certified Low FODMAP with Monash University's Low FODMAP certification program

THE LOW-FODMAP DIET STEP BY STEP



By Kate Scarlata
& Dédé Wilson

"The Low FODMAP diet has been a life saver for the IBS community. Thank you Fody Foods for a delicious range of Low FODMAP foods that keep our guts smiling side and out." - Kate Scarlata





LET'S GET COOKING!

Low FODMAP cooking shouldn't be boring or bland. Get inspired with these delicious recipes (and discover 75+ more recipes on <https://www.fodyfoods.com!>)

**EVERYDAY
EATING!**

VEGAN!

**FANCY
PANTS!**



EVERYDAY EATING!

Visit Fody Foods for all the recipes and products below, and more!
<https://www.fodyfoods.com/blogs/low-fodmap-recipes>



BREAKFAST

Pancakes



LUNCH

Chicken Caesar Salad Wrap



DINNER

Spaghetti & Meatballs



SNACK

Low FODMAP Fruit



SNACK

Garlicky Hummus



VEGAN!

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BREAKFAST

Cereal with almond or rice milk



LUNCH

Kale Salad w/Lentils & Pepitas



DINNER

Burrito Bowl with Chickpeas



SNACK

Fody Bar



SNACK

Corn chips and salsa



FANCY PANTS!

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BREAKFAST!

Shakshuka



LUNCH

Quiche with Bacon and Leeks



DINNER

Slow Cooker Short Ribs



SNACK

Rhubarb Muffins



SNACK

Grilled Vegetables



IT'S TIME TO EAT LIFE TO THE FULLEST

We hope you're feeling inspired to get started on a Low FODMAP diet, we know you can do it!

Symptom-free living has never been easier or more delicious.

For more helpful resources, recipes, and more, explore our entire site at <https://www.fodyfoods.com> and find us on Instagram, Facebook, Twitter and Pinterest @FodyFoods.

