

FODMAP, also known as the Fermentable Oligo-Di-Monosaccharides and Polyols, diet is used to help control symptoms of bloating, visible abdominal distension, stomach pain, and motility changes (such as diarrhea or constipation). These symptoms are common in patients who have irritable bowel syndrome and functional bloating. FODMAPs are carbohydrates and sugars which are poorly absorbed in the small intestine and are rapidly fermented by bacteria. This can exert a laxative effect when consumed. While on a low FODMAP diet is important to avoid sugar free products made with mannitol, sorbitol, maltitol, and xylitol. A low FODMAPs diet aims to reduce these symptoms by reducing intake of foods that can cause potential discomfort.

Low FODMAP Foods to Enjoy

Dairy: low lactose products, replace dairy products with Lactaid products, hard cheeses, cottage cheese, and whipped cream

Vegetables: bell peppers, carrots, cabbage, cucumbers, kale, eggplant, green beans, bean sprouts, zucchini, Brussels sprouts, butternut squash, corn, potato, spinach, and pumpkin

Fruits: bananas, blueberries, cantaloupe, grapes, pineapple, cranberries, mandarin oranges, oranges, raspberries, honeydew melon, kiwis, and clementines

Grains: gluten free grain products, popcorn, quinoa, rice, corn flakes, tortilla chips, potato bread, corn bread, and oat breads

Protein: beef, chicken, deli slices, eggs, fish, turkey, pork, lamb and shellfish

High FODMAP Foods to Limit

Dairy: cream cheese, butter milk, cream, custard, ice cream, milk, sour cream, and yogurt

Vegetables: artichoke, asparagus, beans, beets, black eyed peas, cauliflower, celery, kidney beans, leeks, mushrooms, peas, soy beans, split peas, scallions and shallots

Fruits: apples, apricots, blackberries, cherries, dates, grapefruit, mango, nectarines, lychee, peaches, pears, plums, prunes, raisins, canned fruits in apple or pear juice, and watermelon

Grains: wheat containing products, barley, bran cereals, couscous, rye, and semolina

Beverages: Beer, fruit and herbal teas with apple, orange juice, rum, soda containing high fructose corn syrup, soy milk, sports drinks, and more than 1 glass of wine

Other Food Products: agave, honey, products containing high fructose corn syrup, ketchup, milk chocolate, sugar free products, and products high in fructose

Sample Meals

Breakfast

- Cantaloupe and honeydew melon with an oat muffin
- Cornflakes or Rice Krispies with milk

Lunch

- Bell peppers stuffed with tuna salad

Turkey Breast Roll Ups

Ingredients

Deli sliced turkey breast	hummus
5 ice burg lettuce leaves	sliced red peppers

Directions

1. Wash lettuce
2. Lay out lettuce, layer deli sliced turkey breast and sliced red peppers on top
3. Spread desired amount of hummus on top
4. Roll up and enjoy

Dinner

- Grilled salmon with grilled zucchini and seasoned rice
- Shrimp scampi made with gluten free pasta

Asian Chicken Lettuce Wraps

Ingredients:

1 pound ground chicken breast	2 tablespoons toasted sesame oil
1 tablespoons peanut oil or garlic oil	1 red pepper: diced
1 oz. can sliced water chestnuts, rinsed	2 tablespoons fresh ginger: grated finely
1-2 minced garlic cloves	2 baby bok choy washed and thinly sliced
2 tablespoons reduced sodium soy sauce	2 tablespoons cilantro
2 green onions: sliced finely [green part only]	1 head iceberg lettuce: tear to form cups

Directions:

1. In medium to large skillet add 1 tablespoon sesame oil and 1 tablespoons peanut oil (can use garlic infused oil for the peanut oil) and ground chicken breast and cook over medium heat.
2. Stirring frequently, cook chicken until it is almost cooked through, for about 3-5 minutes
3. Add red pepper and water chestnuts and cook for about an additional minute.
4. Add ginger, garlic, bok choy, tamari, and remaining sesame oil and cook for another minute, stirring gently. Turn off stove and add green onion (and cilantro if using)
5. Using slotted spoon, remove chicken mixture into serving bowl.
6. Serve with chilled lettuce 'cups' and perhaps a side of brown rice.
7. Spoon chicken mixture into lettuce 'cups' and enjoy!

Cilantro Chicken Meatballs

Ingredients:

1 lb. ground chicken breast	2 scallions: diced
1/2 teaspoon ground ginger (2 teaspoons freshly grated ginger)	
1/2 cup fresh cilantro chopped	1 egg
1/2 cup gluten free bread crumbs	salt & pepper

Dipping Sauce Ingredients: [optional]

2 tablespoons peanut butter	1/4 cup of chicken broth
1 tablespoon soy sauce	2 tablespoons light coconut milk

Directions:

1. Preheat oven to 350 degrees.
2. Mix all the ingredients together (best done with your hands to really mix well)
3. Form into desired size meatballs.
4. Lightly oil cookie sheet and place meatballs on top
5. Bake until no longer pink in the middle about 15-20 minutes depending on size.
6. Serve on platter with toothpicks with dipping sauce if using as appetizer or over a bed of your favorite rice.
7. Mix up desired dipping sauce. For peanut coconut drizzle, place all the ingredients in small sauce pan over low heat, stir to blend and cook until sauce is creamy and warm.

References

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