

The low-FODMAP diet can lead to improvements in the majority of people with irritable bowel syndrome. It also reduces symptoms in various other digestive disorders.

FODMAP stands for “Fermentable Oligo, Di, Mono-saccharides and Polyols.” These are small carbohydrates that many people can not digest.

## Suitable foods on a low-FODMAP diet

### Fruit

Banana, blueberry, grapefruit, melons (except watermelon), lemon, lime, oranges, strawberry, raspberry, kiwi, rhubarb



### Vegetables

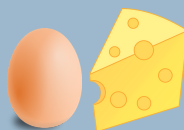
Alfalfa, bean shoots, bell peppers, bok choy, carrots, celery, corn, eggplant, green beans, lettuce, olives, parsnips, green onions, spinach, sweet potato, squash, white potato, tomato, yam

### Grains

Oats, gluten-free products, spelt products

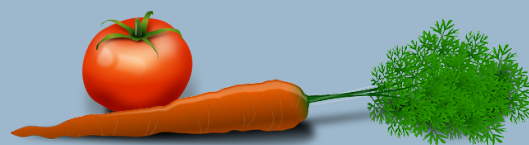
### Other

Meats, eggs, good fats



### Lactose Alternatives

Butter, hard cheese, brie, camembert, lactose-free products, gelato, nut milks, sorbet



### Sweeteners\*

maple syrup, molasses, sugar (sucrose), sweeteners that do not end in 'ol'

\*small quantities

## FODMAP foods to avoid or limit

### Fruit

Apple, apricots, cherries, mango, pear, peaches, nectarines, plum, prune, watermelon, canned fruit, dried fruit, fruit juice



### Vegetables

Artichokes, asparagus, avocado, beets, broccoli, brussels, cabbage, cauliflower, garlic, leeks, mushrooms, onions, peas, lettuce, shallots,



### Grains

Wheat, rye, gluten containing bread, crackers, cous cous, pasta

### Legumes

Baked beans, chickpeas, lentils, kidney beans, soy beans

### Lactose Containing foods

Custard, ice cream, margarine, milk (cow, goat, sheep), soft cheeses, yoghurt



### Sweeteners\*

Honey, fructose, high fructose corn syrup, mannitol, sorbitol, maltitol, xylitol

I believe that food can be medicine and what we choose to put in our bodies is one of the few things we can control today. I would love to assist you with your health journey. Email me at [michelle@healthybeet.ca](mailto:michelle@healthybeet.ca) to book an appointment. Be sure to visit [www.healthybeet.ca](http://www.healthybeet.ca) to learn more about my personal health transformation and follow me on Facebook @healthybeet.ca to receive daily health tips, recipes and more.

~Michelle Gaetz, RHN

