

Low FODMAP Diet – Phase 1

What are “FODMAPs”?

FODMAPs is an easier way to say the range of carbohydrates naturally found in foods – many of these foods are healthy foods that should be eaten daily.

FODMAP stands for “Fermentable **O**ligo-saccharides, **D**i-saccharides, **M**ono-saccharides, **A**nd **P**olyols”. These FODMAPs have even more specific names that group them into six groups: sorbitol, mannitol, fructose, lactose, fructans, and galacto-oligosaccharides (GOS) – sometimes also called galactans.

Why do I need to know about FODMAPs?

For some people with irritable bowel syndrome (IBS) foods high in FODMAPs can contribute to diarrhoea, bloating, abdominal pain or cramps, nausea, or constipation. Women with Endometriosis who have similar symptoms may also find improvement when eating low FODMAP foods, especially around the time of their periods.

Gut symptoms can have many causes – before starting the Low FODMAP diet you should have read more about other causes of gut symptoms in the resource *Functional Gut Disorder: A self-help guide to Irritable Bowel Syndrome and similar conditions*. Please ask for this resource if you haven’t seen it.

Completing the Low FODMAP elimination phase can improve symptoms for around 75% of people. You should see at least a 50% improvement in your symptoms during Phase 1. If you have no relief in your symptoms with a Low FODMAP diet, you can stop restricting your diet, eat widely and let our dietitian team know. We will bring you into an outpatient clinic and discuss other possible triggers with you.



The full Low FODMAP diet is not a diet for life

This information sheet shows you how to complete and what to eat during Phase 1.

High FODMAP foods - a quick look at where to find them

Foods containing sorbitol	Foods containing fructose	Foods containing lactose
Apples, apricots, pears, nectarines, peaches, plums, some artificial sweeteners	Asparagus, sugar snap peas, apples, boysenberry, fava beans, figs, dried fruit, fruit bars, mango, pears, tamarillo, watermelon, feijoa, honey	Cow’s milk (regular and low fat), condensed milk, yoghurt, custard, evaporated milk, ice cream
Foods containing mannitol	Foods containing fructans	Foods containing GOS
Celery, mushrooms, snow peas, watermelon	Apricot, artichokes, kumara, ripe bananas, nectarines, watermelon, honey, garlic, leeks, onions (red, white, shallot), mushrooms, pearl barley, wheat products (including bread, pasta, and roti), chickpeas.	Beetroot, butter beans, butternut pumpkin, cashews, almonds, cassava, green peas, oat milk, pistachios, soy milk (made from whole soy bean), taro

How does the Low FODMAP elimination phase work?

The full low FODMAP elimination phase is a short period that helps to identify if your symptoms are related to high FODMAP foods. This is called Phase 1. Details of the 3 phases of the diet are outlined below:

Phase 1: Elimination phase: Swap foods that are high in FODMAPs for foods that are low in FODMAPs for two to four weeks to see if your symptoms are caused by this group of foods.

Next steps in the Low FODMAP process are

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Low FODMAP Diet – Phase 1

Phase 2: FODMAP re-introduction: trial a specific ‘high’ FODMAP food from each group one at a time to see if this group is causing your symptoms.

Phase 3: Gradually bring back in the high FODMAP food groups you didn’t react to. Re-introduce others every six months to see if you are able to tolerate them.



The full Low FODMAP diet is not a diet for life

Keep a symptom diary

When you follow the Low FODMAP Diet it is important to keep a record of your symptoms.

Normal gut function involves movement and noises – so if keeping this record makes you feel more anxious about what you are eating, here’s what to do:

1. Start by eating your usual diet and keep a symptom diary for 7 to 10 consecutive days. This will serve as your baseline record and can also be used for meal –planning/ knowing what to swap.
2. Then, follow a strict Low FODMAP Diet for 2 weeks.
3. At the end of the 2 weeks, keep a second symptom diary for another 7 days. This is your ‘intervention’ diary.

These two records — before and after the diet change — will give you a useful comparison without the need to track symptoms continuously or obsessively.

You can use a notebook, a sheet of paper or the Notes on your phone to record your symptoms. Below is an example of a symptom diary that you can copy.

Think about which foods affect your symptoms. Try to be quite specific about what your symptoms are. For example, “pain / bloating/ diarrhoea/ constipation/ urgency” is more helpful than writing “felt unwell”.

Score your symptoms using a simple 0-3 scale:

- 0 = no symptoms
- 1 = mild/slight symptoms
- 2 = noticeable symptoms
- 3 = severe symptoms.

Example Symptom Diary

Day	Time	Food	Bowels	Other Symptom	Stress
				Bloating Reflux Wind Cramps Pain Tired	
				Use a simple scale of 1-3 for symptoms e.g. B1 = bloating mild. C3 = severe cramps/high pain levels	
<i>Example</i>					
Day	Time	Food	Bowels	Other Symptom	Stress
Mon	7am	Wheatmeal bread x2 + mayonnaise (thick spread)	6:15am Type 3, loose	e.g. 7:30pm - B2 + C1	Very stressed at 3pm
		Sultana buds – 1 handful.			
	1040	Apple		11am Belching	
	1pm	Subway -Chicken and avo			
				3pm- B2	

Also remember to think about non-food causes of your symptoms and note these down too, e.g. stress, eating on the move, medication, eating more than usual, illness, tiredness.

If your score suddenly jumps from 0/1 to 3, make sure to write down what you had to eat over the past 24 hours.

Low FODMAP Diet – Phase 1

Use the following lists to plan your low FODMAP diet.

Key: c = cup Tb = tablespoon tsp = teaspoon > = more than (e.g. >2Tb) < = less than (e.g. < 2Tb)

These measurements are used to tell you the low FODMAP serve of that food. If there is no measurement next to the food, then you can eat this food in your normal eating amounts.

✓ Fruit that are low in FODMAPs

Fresh fruit	
Ackee (canned, drained)	Apricot (2 small/med)
Avocado (3Tb)	Banana, just ripe
Blueberries (1 c)	Breadfruit (1/2 medium)
Cantaloupe / rockmelon (3/4 c)	Cumquat / kumquat (4)
Coconut, fresh (3/4c)	Dragon fruit
Coconut desiccated/dried (1/2c)	Durian
Grapes, black, red, and green (2)	Guava, ripe
Kiwi fruit (green and gold) (2)	Lychee (canned, drained) (1/2c)
Limes/ lemon and juice (1Tb)	Mandarin
Mangosteen	Melon, honeydew (1/2 c)
Orange	Passion fruit
Pawpaw / papaya	Persimmon (65g)
Pineapple	Plantain
Raspberry (1/3 c)	Rhubarb
Starfruit	Tamarillo (1)
Tamarind	Strawberry (5 medium)
Processed fruit	
Banana, dried (15 chips)	Mixed peel, citrus
Dried coconut, less than ¼ of a c	Dried cranberries (2 Tb)
Dates, dried (5)	Dates, Majool (1)

Other suggestions

- Aim to have 2-3 servings (cupped handfuls) of fruit each day.
- Spread your fruit servings throughout the day – try to leave four hours between each serve.
- Try to avoid smoothies / juices as these give you a lot of servings at once.
- If you have diarrhoea, have gold rather than green kiwifruit.
- If you have constipation or mixed Irritable Bowel Syndrome, include 1 – 2 green kiwifruit per day.

Low FODMAP Diet – Phase 1

Fruit that are high in FODMAPs

Food	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Fresh Fruit						
Apple			•		•	
Apricot (3)	•		•			
Avocado			•			
Banana, ripe	•					
Blackberry					•	
Cherries			•		•	
Custard apple		•				
Coconut, fresh (1c)			•			
Feijoa	•				•	
Figs, fresh					•	
Grapefruit	•					
Longan	•		•			
Lychee			•			
Mango					•	
Nectarine	•		•			
Peach, clingstone			•	•		
Peach, white	•		•			
Peach, yellow			•			
Pear			•		•	
Persimmon	•					
Pineapple, (canned- juice, drained > ½ c)	•					
Pineapple, (canned -syrup, drained > ¼ c)	•					
Pomegranate	•					
Rambutan	•					
Tamarillo (tree tomato)					•	
Watermelon	•			•	•	
Processed Fruit						
Apple, dried			•		•	
Apricots, dried	•		•			
Coconut, shredded (3/4 c)			•			
Cranberries, dried (>1 Tb)	•					
Dates, dried (> 7)	•		•			
Dates, Medjool (>2)	•		•			
Figs, dried	•					
Mango, dried	•					
Paw paw / papaya, dried	•					
Peaches, canned			•		•	
Pear, dried	•		•		•	
Prunes, dried	•		•			
Raisins	•					
Sultanas	•				•	

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Low FODMAP Diet – Phase 1

✓ Vegetables that are low in FODMAPs

Vegetables	
Asparagus (3 spears)	Bamboo shoots, fresh
Alfalfa sprouts	Beans, green
Bean sprouts	Broccoli (heads only) 3/4c
Bok choy	Brussels sprouts (4)
Beetroot (raw) 75g	Cassava (1/2 c)
Broccolini (stalks only)	Cabbage, red (3/4 c)
Cabbage, common (3/4 c)	Carrot
Capsicum / bell pepper, green (1 c)	Capsicum / bell pepper; orange/red (½ c)
Celeriac	Chilli (green and red)
Celery (stalk) 1 stalk / 51g	Celery (leaves) ½ c
Cauliflower 1 c	Choy Sum
Chinese cabbage (napa cabbage)	Collard greens
Courgette / Zucchini (1/3 c)	Corn, sweet (1/2 c)
Daikon	Cucumber
Endive, leaves	Eggplant
Gai lan	Fennel, bulb and leaves
Ginger	Galangal
Kohlrabi	Kale (1/2c)
Lotus root	Lettuce (all types)
Onion, white/red (10g)	Onion, brown (2Tb)
Okra	Leek, leaves (1c)
Potato	Mushrooms, oyster
Pea, snow/ Mangetout /Sugar snap – raw (¾ c)	Parsnip
Radish	Pumpkin, all types 75g
Silverbeet	Rocket / arugula
Spinach	Snakebean / yardlong bean / longbean
Squash	Spring onion, green tips only
Swiss chard	Swede
Water chestnuts	Tomato ~3 small or ~70g
Yam (all types)	Witloof / Witlof
Processed vegetables	
Bamboo shoots, canned	Beetroot, canned (60g)
Beetroot, pickled (75g)	Corn, baby, canned
Corn, creamed, canned	Dulse
Edamame (frozen soy beans)	Gherkins in vinegar
Mushrooms, champignons (canned)	Olives, black, pitted
Olives, green, pitted	Onions, pickled (45g)
Seaweed (nori)	Garlic, pickled in vinegar (3g -~ 1 small clove)
Tomato paste (2Tb)	Tomato, canned, 100g

Other suggestions

- Aim to have at least 3 serves of low-FODMAP vegetables per day for gut health

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Low FODMAP Diet – Phase 1

! Vegetables that are high in FODMAPs

Food	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Fresh Vegetables						
Artichoke, globe	•					
Artichoke, Jerusalem	•				•	
Asparagus > 4 spears					•	
Beetroot (> 2/3c)	•	•				
Bitter melon (karela)		•				
Broccoli stalks					•	
Broccoli heads					•	
Brussels sprouts (>5)	•					
Butternut squash		•		•		
Cabbage, savoy / red (>1c)	•					
Capsicum (orange/red) 1 c					•	
Cassava (>1 ¼ c)		•				
Cauliflower (>2 c)	•					
Celery				•		
Choko	•					
Corn, sweet (> 1/2c)	•					
Garlic	•					
Kumara (>75g)	•					
Leek, bulb	•					
Onion, all types; > 2Tb	•					
Peas, snow	•					
Peas, sugar snap (1 1/3 c)	•					
Peas, thawed from frozen (1/2 c)	•	•				
Mushrooms, all except oyster				•		
Pumpkin, butternut	•			•		
Pumpkin, Crown	•	•				
Taro		•				
Tomato – various					•	
Processed Vegetables						
Artichokes, pickled in oil	•				•	
Corn kernels, canned	•					
Kimchi				•		
Lotus root, dried	•				•	
Mushroom, dried				•		
Peas, canned		•				
Red cabbage, fermented	•					
Sun-dried tomatoes					•	
Wakame seaweed flakes				•		
White cabbage, sauerkraut				•		

Top Tips

- Use garlic-infused oil instead of garlic.
- Use asafoetida/ hing (a spice) instead of onion.
- Check stock cubes / soup stocks to make sure they have no onion or garlic.

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Low FODMAP Diet – Phase 1

✓ Dairy, Soy, Lactose-free foods that are low in FODMAPs

Milk	
Almond milk	
Lactose-free milk	
Rice milk	
Some soy milks (made with soy protein/soy protein isolate - check ingredients list) e.g So Good/ Pam's brand.	
Cheese – almost all are low FODMAP at a 30g serve	
Brie	Haloumi
Camembert	Emmental
Cheddar cheese (e.g. tasty cheese)	Gruyere
Colby cheese	Mozzarella cheese
Cream cheese (2 tablespoons)	Swiss cheese
Cottage cheese (2 tablespoons)	Soy cheese
Edam cheese	Vegan Cheese
Feta (goat or cow)	Jarlsberg
Gouda cheese	Ricotta
Yoghurt	
Yoghurt, flavored, regular fat * see note below	
Coconut yoghurt (125g)	
Soy yoghurt	
Others	
Butter	
Cream, whipped (< 1/2 c)	
Margarine	
Milk, coconut (canned) 60g	
Milk, coconut (UHT) 180	
Coconut, cream (60g)	
Sour cream (40g)	

* Yoghurts have a wide variability according to Monash testing. If your symptoms haven't settled in the first week with other low FODMAP choices, try a week without yoghurt to see if things settle more.



How to tell if there is enough calcium in your dairy alternative

NUTRITION INFORMATION		
Servings per pack: 4 Serving size: 1 c (250mls)		
	Per Serving	Per 100mls
Energy	683kJ	273kJ
Protein	8g	3.2g
Fat – Total	8.8g	3.5g
<i>Saturated</i>	1g	0.4g
Carbohydrate	12.8g	5.1g
<i>Sugars</i>	5g	2g
Calcium	300mg	120mg

Choose products that have **at least 120mg** of calcium per **100mls**

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Low FODMAP Diet – Phase 1

Dairy products that are high in FODMAPs

Foods	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Milks						
Buttermilk						•
Cow's milk (including A2 milk)						•
Cow's milk powder						•
Evaporated milk						•
Goat's milk						•
Goat's milk powder						•
Oat milk	•	•				
Some soy milks (made with whole soy beans)		•				
Cheese						
Haloumi cheese						•
Ricotta cheese (>5Tb)						•
Yoghurt						
Dairy food (all flavours)						•
Fruit yoghurt *						•
Natural yoghurt *						•
Sweetened yoghurt *						•
Other dairy products						
Cream, whipped (>1/2 c)						•
Custard						•
Chocolate (milk) 30g (5 sq)						•
Ice-cream						•
Kefir						•
Sour cream						•
Sweetened - condensed milk						•

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Low FODMAP Diet – Phase 1

✓ Protein sources that are low in FODMAPs

Animal protein	
Meat (beef, lamb, pork)	
Chicken	
Fish (fresh, tinned)	
Eggs	
Seafood	
Vegetarian	
Vegetarian mince (without garlic or onion)	
Tempeh, plain	
Tofu, plain / firm	
Legumes/Pulses	Quantity
Butter beans	1/3 c
Chickpeas – canned, drained	80g (5Tb)
Edamame beans, shelled, frozen	½ c
Lentils – canned, drained	½ c
Red Kidney / Cannellini beans - canned, drained	85g < ½ c
Mung beans, sprouted	2/3 c
Nuts / Seeds – choose one option per day	Quantity
Almonds	10 nuts
Brazil nuts	10 nuts
Chestnuts	10 nuts
Chia seeds, white and black	2 tablespoons
Hazelnuts	10 nuts
Hemp seeds	2 tablespoons
LSA (linseed, sunflower, almond mix)	1 tablespoon
Linseeds / flaxseeds	1 tablespoon
Macadamias	20 nuts
Peanuts	32 nuts
Pecan	10 halves
Pine nuts	1 tablespoon
Poppy seeds, white and black	2 tablespoons
Pumpkin seeds / pepitas	2 tablespoons
Sesame seeds	1 tablespoon
Sunflower seeds	2 teaspoons
Walnuts	10 halves

Other suggestions

If you use protein powder, pea protein has a very wide variety of FODMAPs. Use a rice protein powder or Sacha Inchi powder instead.

Low FODMAP Diet – Phase 1



Protein sources that are high in FODMAPs

Foods	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Vegetarian protein						
Falafel	•	•				
Lentil burger patty	•	•				
Mince, vegetarian, with onion	•	•				
Soy protein, textured (TVP)	•	•				
Soy protein powder	•	•				
Tofu, silken	•	•				
Chicken substitute (soy beans)	•	•				
Legumes/Pulses						
Adzuki beans		•				
Baked beans	•	•			•	
Black beans	•	•				
Borlotti beans		•				
Broad beans					•	
Butter beans		•				
Cannellini beans	•	•				
Chickpeas / garbanzo beans		•				
Fava beans					•	
Four bean mix		•			•	
Haricot beans	•	•				
Lentils, green		•				
Lentils, red		•				
Lima beans	•	•				
Mung beans, boiled	•	•				
Navy beans	•	•				
Pinto beans	•	•				
Red kidney beans	•	•				
Soya beans / edamame	•	•				
Split peas	•	•				
Nuts/Seeds						
Cashews	•	•				
Pistachios	•	•				

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Low FODMAP Diet – Phase 1

✓ Breads, cereals, flours, and grains that are low in FODMAPs

Breads
Specialty “Low FODMAP” bread
Cornbread (polenta)
Corn taco shell, hard/ corn chips
Gluten free bread, white
Traditional wheat sourdough
Cereals
Cocoa puffs – gluten free
Cornflakes - gluten free
Quinoa flakes
Rice flakes
Rolled oats
“FODMAP Friendly” muesli
Wheat biscuits – gluten free
Flours
Arrowroot flour
Buckwheat flour
Cornflour
Cornstarch
Gluten free flour, plain
Green banana flour
Maize flour and starch
Millet flour
Quinoa flour
Rice flour
Teff flour
Potato starch
Tapioca Starch
Grains / Pasta / Rice
Bran, oat
Bran, rice
Millet, hulled
Noodles, kelp
Noodles, rice
Noodles, vermicelli
Pasta – gluten free
Pasta – quinoa
Pearl barley – sprouted only
Polenta
Quinoa
Rice (all types)
Soba noodles (100% buckwheat noodles only)
Wonton wrapper

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Low FODMAP Diet – Phase 1

Breads, cereals, flours, and grains that are high in FODMAPs

Foods	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Breads						
Bread, gluten free, multigrain	•				•	
Bread, naan or roti	•	•				
Bread, pumpernickel	•					
Bread, rye	•	•			•	
Bread, rye, sourdough	•	•				
Bread, oat, sourdough		•				
Bread, wheat	•	•				
Raisin toast	•				•	
Cereals						
Amaranth, puffed grain	•	•				
Corn flakes	•					
Wheat flakes	•					
Barley flakes	•					
Spelt flakes	•					
Muesli	•	•				
Wheat biscuits	•				•	
Flours						
Almond meal		•				
Amaranth flour	•	•				
Barley flour	•	•				
Chestnut flour	•					
Coconut flour	•		•		•	
Khorasan flour	•					
Rye flour	•					
Spelt flour	•	•				
Wheat flour	•	•				
Grains / Pasta / Rice						
Barley, pearl	•	•				
Bourghal (bulgur wheat)	•	•				
Bran, wheat	•					
Buckwheat kernels	•					
Couscous	•					
Freekeh	•	•				
Gnocchi	•					
Noodles, wheat	•				•	
Pasta, spelt	•					
Pasta, wheat	•					
Semolina	•					
Wheat germ	•	•				
Wheat grain, sprouted	•					

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Low FODMAP Diet – Phase 1

✓ Snacks, bars, and cookies that are low in FODMAPs

Biscuit, plain, sweet (<4)
Corn chips, plain
Crackers, savoury, plain, wheat (<5)
Crackers, savoury, wholemeal (<5)
Popcorn, plain or butter
Potato chips, plain
Potato chips, salted
Pretzels (<1 c)
Rice cakes, plain
Rice crackers, plain

⚠ Snacks, bars, and cookies that are high in FODMAPs

Food	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Cereal bar, wheat based	•					
Chocolate biscuits	•					
Chocolate chip biscuits	•					
Corn thins, flavoured	•					
Corn thins, plain	•					
Energy bar, apple and berry	•					
Energy bar, fruit and nut	•				•	
Energy bar, peanut butter	•	•				
Fruit biscuit	•					
Muesli bar, fruit based	•					
Rye crispbread	•					
Shortbread biscuits	•					

✓ Buying 'FODMAP Friendly'

There a range of products in the supermarket that have been tested and certified as low FODMAP. Look for the following symbols on the labels:



Be sure to stick to the serving size as this is the tested amount. Eating more than the serving size listed will increase the amount of FODMAPs present and might make this a higher FODMAP food.

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Low FODMAP Diet – Phase 1

✓ Condiments that are low in FODMAPs

Spreads
Almond butter (1 tablespoon)
Marmalade
Peanut butter
Raspberry jam (2 tablespoons)
Strawberry jam
Yeast spreads
Dips
Eggplant dip / baba ganoush (2 tablespoons)
Tahini paste (2 tablespoons)
Salsa, mild, 10g onion
Wasabi paste
Sauces
Barbeque sauce
Fish sauce
Horseradish
Mayonnaise
Mint jelly / sauce
Miso paste
Oyster sauce
Shrimp paste
Soy sauce
Stock - no garlic or onion
Sweet and sour sauce
Tomato paste
Tomato sauce
Verjuice
Vinegar, apple cider
Vinegar, malt
Vinegar, red wine
Vinegar, rice wine
Worcestershire sauce
Pickles
Capers in vinegar
Capers, salted
Chutney
Mustard
Mustard, dijon

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Low FODMAP Diet – Phase 1

Condiments that are high in FODMAPs

	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Spreads						
Blueberry jam					•	
Honey					•	
Mixed berry jam			•			
Quince paste	•					
Dips						
Caviar dip / taramasalata						•
Creamy dips	•					•
Hummus (all flavours)	•	•				
Tzatziki / raita	•				•	
Sauces						
Balsamic vinegar					•	
Pasta sauce – cream based	•					•
Pasta sauce – tomato	•	•				
Pesto	•					
Pickles						
Vegetable pickles / relish	•					

All fresh herbs and spices are low in FODMAPs

Herbs	Spices
Allspice / pimento - ground / whole	Asafoetida / hing
Asian chives	Basil
Bay leaves	Cardamom – ground / whole
Chilli powder / flakes / whole	Chives
Cinnamon – ground / whole	Cloves – ground / whole
Coriander	Coriander seeds – ground / whole
Cumin – ground / whole	Curry leaves
Curry powder	Dill
Fennel seeds	Fenugreek
Five spice	Ginger – fresh / dried / ground
Gotukala	Kaffir lime leaves
Lemongrass	Marjoram
Mint	Mixed spice
Mustard seeds – ground / whole	Nutmeg
Oregano	Pandan
Paprika	Pepper
Rosemary	Saffron
Sage	Star anise
Tarragon	Thai basil
Thyme	Turmeric – fresh / dried / ground
Vanilla bean pods and essence	

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Low FODMAP Diet – Phase 1

✓ Sugars and confectionary that are low in FODMAPs

Confectionary
Agar agar
Chocolate – dark
Instant jelly – raspberry, strawberry, lime
Sugar
Stevia
Sugar, brown
Sugar, icing
Sugar, palm
Sugar, raw
Sugar, white
Maple syrup
Rice malt syrup

⚠ Sugars and confectionary that are high in FODMAPs

Foods	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Confectionary						
Chewing gum / breath mints			•			
Chocolate, milk						•
Chocolate, white						•
Fruit bar	•				•	
Sugar						
Agave syrup (light and dark)	•				•	
Sugar, coconut	•					
Golden syrup	•					
Honey	•					
Molasses	•				•	
Sorghum syrup	•					

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Low FODMAP Diet – Phase 1

✓ All fats and oils are low in FODMAPs

Butter
Margarine
Mayonnaise (regular and low fat)
Oil, avocado
Oil, canola
Oil, coconut
Oil, garlic infused
Oil, olive
Oil, peanut
Oil, rice bran
Oil, sesame
Oil, sunflower
Oil, vegetable

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Low FODMAP Diet – Phase 1

✓ Beverages that are low in FODMAPs

Coffee
Cappuccino with milk alternative (some soy milks, lactose free, almond, rice milk)
Espresso, black
Flat white with milk alternative (some soy milks, lactose free, almond, rice milk)
Instant, black
Instant, black, with up to 1 tablespoon of milk
Instant, with milk alternative (some soy milks, lactose free, almond, rice milk)
Latte with milk alternative (some soy milks, lactose free, almond, rice milk)
Drink powders
Brown rice protein, sprouted
Cocoa powder
Drinking chocolate
Protein supplement – check for low FODMAP testing
Spirulina powder
Wheatgrass powder
Fermented drinks
Kvass
Kombucha 180mls*
Juices
Coconut water, 100ml
Cranberry juice, 30g 100%; 160mls if a cranberry drink
Tomato juice, 90g
Vegetable juice – tomato, carrot, celery, beetroot
Tea
Black tea
Black tea, with up to 1 tablespoon of milk
Black tea, with milk alternative (some soy milks, lactose free, almond, rice milk)
Chai tea, weak
Chai tea, weak, with up to 1 tablespoon of milk
Chai tea, weak, with milk alternative (some soy milks, lactose free, almond, rice milk)
Dandelion tea, weak
Green tea
Peppermint tea
Rooibos tea

Wine, beer, spirits
Beer
Gin
Vodka
Whiskey
Red wine
Sparkling wine *
Sweet wine
White wine
White wine, dry

Other suggestions

- Caffeine can irritate the gut. Have no more than 1-2 caffeinated drinks per day
- Alcohol can irritate the gut. Limit to 2 standard drinks per day, and only drink alcohol with food.

* Carbonated beverages can cause gas and discomfort

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Low FODMAP Diet – Phase 1

Beverages that are high in FODMAPs

Drink	Oligosaccharides		Polyols		Fructose	Lactose
	Fructans	GOS	Sorbitol	Mannitol		
Coffee						
Cappuccino, dairy milk						•
Flat white, dairy milk						•
Instant, dairy milk						•
Latte, dairy milk						•
Cordial						
Apple					•	
Orange					•	
Raspberry					•	
Drink powders						
Carob powder	•					
Malted powder						•
Fermented drinks						
Kombucha > 180mls	•					
Juices						
Apple juice			•		•	
Berry juice			•		•	
Coconut water > 100mls	•		•			
Orange juice					•	
Tropical juice			•		•	
Tea						
Chrysanthemum	•					
Chai tea, strong	•					
Chamomile tea	•					
Dandelion tea, strong	•					
Fennel tea	•	•				
Herbal tea	•					
Oolong tea	•					
Wine, beer, spirits						
Rum					•	
Sticky wine					•	

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Low FODMAP Diet – Phase 1

How to read food labels for FODMAPs

Reading the ingredients list of a product can give you a rough idea if it has FODMAPs in it.

- The ingredients are listed in order of weight, from highest to lowest. If a high FODMAP ingredient is listed in the first few ingredients, then the product may be high in FODMAPs and you will initially need to avoid these foods.

The following are common high FODMAP ingredients, and if these are listed in the first few ingredients on the label it may mean the product is high in FODMAPs:

Fructose:

- High fructose corn syrup
- Honey
- Fruit juice or fruit juice concentrate
- Fruit pieces
- Crystalline fructose
- Agave syrup
- Fruit sugar
- Dried fruit

Polyols:

- Sorbitol (420)
- Mannitol (421)
- Xylitol (967)
- Isomalt (953)
- Erthritol (968)
- Prune juice
- Fruit juice concentrate
- Dried fruit

Fructans:

- Almond meal
- Garlic / garlic salt / garlic powder / garlic extract
- Onion / onion salt / onion powder / onion extract
- Wheat (if a main ingredient)
- Rye (if a main ingredient)
- Barley (if a main ingredient)
- Inulin
- Chicory / chicory root extract / chicory root powder

Tips:

1. Choose sourdough bread or keep pasta serves to ½ cup if having wheat-based pasta. You can use gluten free pasta instead.
2. Many dips and sauces have garlic and/or onion added.

If you are unsure about a food, try including it in small amounts when your symptoms are well controlled – if you can tolerate it, then you can continue to have it.

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Low FODMAP Diet – Phase 1

Eating out on a low-FODMAP diet

Eating out can be hard because high FODMAP foods such as onion and garlic are often used but not written on the menu.

- Look at the menu online before going out, and spend some time identifying the best option for you.
- Ask for your worst trigger foods to be taken out of your meal.
- Choose a protein-based meal, such as fish, red meat, or poultry, that is served with vegetables on the side.
- Avoid very rich dishes with lots of sauce, such as curry, as they often include onion and garlic.
- Avoid dishes made with stock, such as risotto, as these often include onion and garlic.
- Ask for no onion and no garlic, or ask which dishes do not contain these.
- Ask for dips, sauces, and dressings to be served separately as these often contain onion and garlic.
- Try ordering a gluten free meal.
- Call the restaurant before you go for more complicated requests.

Some cuisines and dishes are more likely to have low-FODMAP options; look for:

Vietnamese

- Rice vermicelli with beef, chicken, prawn, or tofu (ask for plain/firm tofu, and no onion in the salad).
- Rice paper rolls (ask for no onion).
- Bun (ask for sauces to be separate, plain meat, and no onion in the salad).

Thai

Avoid curries as these often include onion and garlic. Low-FODMAP options include:

- Duck / chicken / pork / beef stir-fry with low-FODMAP vegetables
- Vegetarian stir-fry with firm tofu and low-FODMAP vegetables
- Prawn and mixed seafood stir-fry with low-FODMAP vegetables

Japanese

- Sushi, sashimi, tempura
- Grilled tofu, seafood, beef, or chicken served with rice and vegetables
- Rice noodles with meat and vegetables

Greek

- Saganaki, olives (plain), horta, chargrilled fish / scallops / octopus / tiger prawns, potatoes, chicken, mixed grill with salad and potatoes.
- Avoid dips like moussaka, and pistachio- and honey-based desserts

Pub meals and pizza

- Pizza made with gluten free base and low-FODMAP toppings
- Take your own pot of tomato sauce with no garlic / onion and ask the kitchen to use this.
- Grilled meat / chicken / fish served with vegetables / salad / potato.

Ask for sauces to be served separately and for plain meat if it is marinated.

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Low FODMAP Diet – Phase 1

Probiotics

Probiotics are live micro-organisms, which when taken in adequate amounts can give a health benefit. There are many varieties available in New Zealand, which come in capsules, powders, liquids, and added to food products, such as yoghurts, fermented milk drinks, and fermented foods.

Can probiotics help with Irritable Bowel Syndrome (IBS)?

There is research that suggests our gut bacteria plays a role in the cause of IBS, and can make a difference to the symptoms of IBS. Taking a probiotic supplement may help when avoiding FODMAPs.

How do probiotics work?

It is likely that people who have irritable bowel syndrome have abnormally low amounts of gut bacteria. Probiotics can help by replacing the missing gut bacteria, and fight against unhelpful types of bacteria that may be in the gut. Probiotics also work by:

- Altering how your gut ferments foods.
- Changing the movement of the gut and its contents.
- Reducing hyper-sensitivity.
- Changing anxiety behaviours and brain activity in IBS.

How effective are probiotics with IBS?

There has been a lot of research done to discover how well probiotics work with IBS. Many studies have shown that taking a probiotic can be safe and effective for people with IBS, but there is not enough information to make a firm recommendation about which dose or strain would be best to take. It is best to stop using probiotics when you are completing Phase 1 (elimination phase).

Take home message about probiotics with IBS

- Probiotics appear to be safe to take with IBS but may not work in everyone.
- Check the other ingredients, as some probiotics contain prebiotics that are high FODMAP, such as inulin or FOS (fructo-oligosaccharide).
- You may experience a mild improvement in symptoms.
- Different people can have improvements in different symptoms.
- Trial one probiotic at a time for a minimum of four weeks and monitor your symptoms.
- Benefits can take up to three to four weeks to be felt.
- Make sure you take the probiotic regularly, as benefits are lost within days when you stop.

Talk to your dietitian about a suitable probiotic to try.

Low FODMAP Diet – Phase 1

Low FODMAP meal plan suggestions

Breakfasts

- Porridge oats with low-FODMAP berries and lactose free milk / suitable soy milk.
- Porridge oats with cinnamon, brown sugar or maple syrup.
- Homemade muesli with oats, seeds, nuts and quinoa/ buckwheat grains with lactose free yoghurt, blueberries and kiwifruit.
- Gluten free / low wheat bread, toasted with margarine and marmalade or boiled egg.
- Buckwheat pancakes with maple syrup and blueberries.
- Smoothie with ½ semi-ripe banana, ½ cup frozen blueberries, 2 teaspoons psyllium, 2 teaspoons LSA (ground linseed, sunflower seed and almond mix) and lactose free milk / some soy milks.
- Omelette or scrambled egg and gluten free / low wheat toast or bread.

Light meal

- Sandwich made with gluten free / low wheat bread with tuna mayonnaise filling.
- Sandwich made with gluten free / low wheat bread with ham and lettuce / tomato filling.
- Cheddar cheese and rice crackers.
- Small amount of avocado and smoked chicken.
- Carrot or pumpkin soup with gluten free / low wheat bread.
- Frittata / Spanish omelette.
- Baked potato with mince / hard cheese / tuna mayonnaise.
- Sushi.

Main meal

- Gluten free / wheat free pizza base with tomato, olive, chicken / sausage / ham, cheese topping.
- Steak, potato and low FODMAP vegetables.
- Chicken stir fry with soy sauce or tamarind sauce, served with rice noodles or rice.
- Baked / poached / grilled fish with, rice, potato, fries or small amount kumara and low FODMAP vegetables.
- Gluten free / low wheat pasta or spaghetti with mince in a tomato sauce.
- Egg fried rice with chicken or sea food.

Snacks

- Kiwifruit, grapes, strawberries or green / unripe banana.
- Rice cakes with peanut butter / cheese and gluten free marmite / hazel nut spread.
- Sunflower, peanut and almond nut mix.
- Gluten free / low wheat baking.
- Carrots, cucumber, cherry tomatoes with low fat dip.
- Hardboiled egg.
- Rice pudding.

Useful websites

- <https://alittlebityummy.com/recipes>
- <https://www.monashfodmap.com/blog/monash-low-fodmap-recipe-index/>

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