

Low FODMAPS Foods for IBS

Use the table below to help you know what to eat and drink if you are on a low FODMAPS meal plan.

- FODMAPS are types of carbohydrates (sugars and fibers) that are poorly absorbed in the small intestine. FODMAPS are found in a variety of foods. The table below lists foods that have high and low FODMAPS.
- A low FODMAPS meal plan can help lower symptoms related to IBS. It can help you learn about what FODMAP rich foods may cause your IBS symptoms to get worse.
- **Make sure you only do a low FODMAP meal plan with your nutritionist.** It is meant to be a very short term treatment to help with IBS. A nutritionist can help you adjust the types of FODMAPS in your eating routine in a way that makes sense for you.

What is IBS?

Some people are more sensitive to FODMAPS, including those with **Irritable Bowel Syndrome (IBS)**. IBS is a chronic (long-term) health problem that affects the large intestine. Common symptoms include cramping, stomach pain, bloating, diarrhea, and constipation.

	You can eat:	Only eat sometimes:	Try to avoid:
Fruit	Lemons, limes, kiwis, grapefruit, green plantains or unripe bananas, clementine, mandarin and naval oranges, tangerines, papaya, pineapple, cantaloupe, honeydew melon, strawberries, blueberries, cranberries, raspberries, grapes, tomatoes	Coconut	Apples, pears, plums, prunes, peaches, apricots, avocado, watermelon, figs, mango, lychee, cherries, ripe plantains or bananas, blackberries, canned and dried fruits
Veggies	Brussels sprouts, green beans, celery, bell pepper, eggplant, common and nappa cabbage, Swiss chard, mustard greens, lettuce, spinach, kale, arugula, bokchoy, okra, broccoli, carrots, zucchini, green onion (green part only), squash (except butternut), cucumber, radish, potatoes, pumpkin, yams, olives	Butternut squash, artichoke hearts, celery Prepared pesto	Garlic, leeks, onion, shallot, asparagus, corn, Savoy cabbage, sugar snap and snow peas, orange sweet potato, mushrooms, beets, cauliflower, prepared pasta sauces
Proteins	Fresh meat and seafood Eggs Tofu (plain) and tempeh	Garbanzo beans, well rinsed canned red or brown lentils	Breaded meat or fish Kidney, black, baked, lima, adzuki, lentils, northern pinto, chickpeas, or cannellini beans, hummus



	You can eat:	Only eat sometimes:	Try to avoid:
Nuts and Seeds	All other nuts, butters, and seeds: peanuts, almonds, walnuts, pumpkin, sunflower, flax, sesame and chia seeds	Hazelnuts	Pistachios, cashews
Breads and Cereals	Wheat free/gluten free grains, flours, breads, cereals, and pastas, corn tortillas, grits, popcorn, plain rice cakes, gluten free oatmeal, oat or rice bran	Oats	Wheat products, barley, rye, sweetened or fiber added commercial cereals, muesli
Dairy and Dairy Alternatives	Hard and ripened cheeses: brie, cheddar, Colby, feta, cottage, mozzarella, gouda, parmesan, and Swiss cheese Butter, calcium fortified lactose free milk, dairy free milk and yogurt	Soft cheeses in amounts greater than 1/2 cup: ricotta, cream, and goat cheeses	Dairy products such as: Cow's milk, buttermilk, regular yogurt, ice cream, sour cream, evaporated milk, condensed milk
Sweeteners and Sugars	Natural: maple or brown rice syrup, brown sugar, cocoa, raw sugar, molasses Refined: Stevia Artificial: NutraSweet, Equal, Sweet n' Low, Sugar Twin.	Refined: table or cane sugar	Natural: honey, cane syrup, pureed fruit or juice concentrates Refined: karo syrup, high fructose corn syrup, corn syrup solids Artificial: Splenda
Drinks	Tap, mineral, or sparkling water, tea, coffee, fruit juice (safe fruits only 1/2 cup), unsweetened cranberry juice	White or sparkling wine, vodka, gin, whiskey	Most soft drinks and fruit juices, beer, powdered mixes
Condiments and Spices	Onion/garlic free mustard, BBQ, fish, oyster, soy, Worcestershire sauce, tamari, vinegar, full fat mayo, jam and marmalade (safe fruits and sweeteners only), fresh and dried herbs other than garlic and onion	Chutney, balsamic vinegar	Pickles, chutneys, gravies, stocks, dressings, sauces, salts, or powders that have garlic or onion