



FODMAP

**Eat Yourself
Happy**

**Madlen Tittmann
ADORENEON**

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INDUCTION

Having suffered with IBS myself since 2001, I know all about the pain, the suffering and the reading of the small-print on every food product I buy. It can be disheartening, embarrassing and frustrating. But I can tell you one thing for sure: YOU are not alone.

The estimated percentage of IBS sufferers is up to 23% of the world's population (IFFGD reports). This is almost every 4th person!

Whenever you get diagnosed with IBS (Irritable Bowel Syndrome) or Food-Intolerances, it may help you to stick to the FODMAP diet.

And although you might find yourself not being able to eat many of the foods you've been used to anymore, but you may enjoy the adventure of trying out new things.

You can buy food everywhere nowadays, even online.

And with a happy and healthier tummy you'll create a happier you.

See it more as a challenge to better your life, than a mishap of your health.

Along with stress reduction, the FODMAP diet is a great way to improve your life.

WHAT ARE FODMAPs?

The Term FODMAP is an acronym, deriving from "Fermentable Oligo-, Di-, Mono-saccharides And Polyols."

FODMAPs are short chain carbohydrates (oligosaccharides), disaccharides, monosaccharides and related alcohols that are poorly absorbed in the small intestine, including short chain (oligo-) saccharide polymers of fructose (fructans) and galactose (galactans), disaccharides (lactose) monosaccharides (fructose) and sugar alcohols (polyols), such as sorbitol, xylitol and maltitol.

These carbohydrates are commonly found in the modern western diet. The restriction of these FODMAPs from the diet has been found to have a beneficial effect for sufferers of irritable bowel syndrome and other functional gastrointestinal disorders (FGID).

The low FODMAP diet was developed at Monash University in Melbourne by Peter Gibson and Susan Shepherd.

(Wikipedia)

HOW TO USE THE LIST

High FODMAP food may trigger your IBS. You are advised to avoid those, or at least reduce their intake. Not everybody will react to the following foods with a flare up, so you can decide yourself, if you like to risk discomfort, or if you'd like to keep eating the bad foods.

Low FODMAP foods are no danger tummy and may be enjoyed as much as you like.

Also, more and more companies adjust their products to aid the intolerances and allergy problems worldwide, which is a beam of light for people like us.

Choose wisely and try one element at the time. As your body may heal itself over time, try things/products you really miss at least once a year and see, if you can have it again.

Always remember:

- Drink plenty of water.
- Eat in moderation.
- Chew your food well.
- Limit processed foods (hidden FODMAPs & irritants).

Eat healthy, be positive and don't give up.
You are lucky to be the miracle you are.
Change your life to the better and eat yourself happy.

Much success!
Madlen xx

* This list is a collection of online findings, (like university studies, food and health blogs), as well as my own 15 years of experience with IBS and food intolerances. There is no guarantee that this diet will suit your needs 100%. This is a suggested collection to help you adjust to your allergies.

High FODMAP food (things to avoid / reduce) (Lactose, Gluten, Fructose)

Low FODMAP food (safe for your consumption)

Moderate FODMAP food (use only in small quantities)

... The more “ * “ the better.

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Fruits

- ** Ackee
- Apple
- Apricot
- * Avocado (1/8 serving)

- Banana (ripe)
- ** Banana (unripe)
- * Banana chips (dried, plain, small amount)
- Blackberries
- Blackcurrant
- ** Blueberries
- * Boysenberry (5 berries MODERATE)
- ** Breadfruit

- Canned Fruit
- ** Cantaloupe
- ** Carambola
- Cherry
- ** Clementine
- ** Coconut (flesh)
- * Coconut (dried, small amount)
- * Coconut Milk (canned, small amount)
- * Coconut Water allowed (small quantities)
- Concentrated Fruit Sources
- ** Cranberry – (ripe, small handful)
- * Cranberry (dried, plain, small amount)
- ** Cranberry Juice
- * Currants (dried, plain, small amount)
- Custard Apple

- Dates
- ** Dragonfruit
- ** Durian

- Feijoa
- Figs
- Fruit Juice

- ** Galia Melon

- Goji berries
- ** Grapes (small hand full)
- * Grapefruit (1/2 medium is MODERATE)
- Guava

- ** Honeydew Melon

- ** Kiwi
- ** Kumquat

- ** Lemon (including lemon juice)
- ** Lime (including lime juice)
- * Longon (5 longons LOW, 10 MODERATE)
- Lychee

- ** Mandarin
- Mango

- Nashi Fruit
- ** Navel Orange
- Nectarine

- ** Orange

- * Papaya
- * Passion Fruit
- ** Pawpaw
- * Paw paw (dried, plain, small amount)
- Peach
- Pears
- Persimmon
- ** Pineapple
- * Pineapple (dried, small amount)
- Plumygh
- * Pomegranate (1/4 cup seeds LOW)
- Prune

- * Raisins
- ** Raspberry
- * Rambutan (2 LOW)
- ** Red Currant
- ** Rhubarb
- ** Rockmelon

- ** Star Anise
- ** Starfruit
- ** Strawberry
- * Sultanas (up to 10 per day)

Tamarillo

- ** Tamarind
- ** Tangelo
- ** Tangerine

Tinned Fruit in Natural Juice

Watermelon

Comments on fruit:

- Limit intake of suitable fruits to one serve per meal (e.g. one whole banana or orange)
- Only consume a third to half a glass of suitable juice for your comfort.
- Only eat a small handful of berries or grapes.
- And only a small amount of suitable dried fruit (e.g. 10 sultanas).

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Vegetables and Legumes

- ** Alfalfa Sprouts
- ** Arugula
- Artichoke
- Asparagus
- * Aubergine / Eggplant
- Avocado

Baked Beans

- ** Bamboo Shoots
- ** Bean Sprouts
- * Beets / Beetroot (up to 2 slices (20 g))
- ** Bell Pepper
- Black Beans
- Black Eyed Peas
- ** Bok Choy
- Broad Beans
- * Broccoli (1/4 to 1/2 cup)
- * Brussels Sprouts (up to 2)
- Butter Beans
- * Butter Lettuce
- * Butternut Squash

- ** Callaloo
- ** Carrot
- * Cabbage (Common & Red - 1 cup)
- ** Capsicum / Pepper
- ** Carambola
- Cassava
- Cauliflower
- ** Celeriac
- * Celery (1/4 medium stalk)
- Chicory
- * Chicory (Leaves)
- * Chick Peas (1/4 cup)
- * Chilli, Red
- ** Chives
- Cho cho
- * Choko
- ** Choy Sum
- ** Collard Greens
- * Corn (raw)
- * Corn tortillas (1 ½ tortillas LOW)
- * Courgette
- * Cucumber

- Dandelion Leaves
- ** Dragon Fruit

- Edamame
- * Eggplant / Aubergine

- ** Endive
- Falafel
- Fava Beans
- * Fennel (bulb & leaves)
- Garlic – avoid entirely if possible
- ** Ginger
- * Green Beans
- Haricot Beans
- * Humous
- * Iceberg Lettuce
- Jalapeños
- ** Kale
- Kidney Beans
- Leek (bulb)
- * Leek (leaves)
- Legumes
- * Lentils (canned or boiled, Green & Red, in small amounts)
- * Lettuce
- Lima Beans
- Mange Tout
- * Marrow Fat Peas
- Mushrooms
- * Okra
- ** Olives (Green & Black)
- Onion (All) – avoid entirely if possible
- ** Parsley
- ** Parsnip
- ** Pear, prickly
- Peas
- ** Potato
- * Pumpkin (fresh & canned)
- * Radicchio Lettuce
- ** Radish

- * Red Coral Lettuce
- Red Kidney Beans
- * Rocket Lettuce

- Savoy Cabbage
- * Scallions (green tips)
- Scallions / Spring Onions (bulb / white part)
- ** Seaweed / Nori
- Shallots
- ** Silverbeet / Chard
- Snow Peas
- Soy Beans / Soya Beans
- * Spaghetti Squash
- ** Spinach
- Split Peas
- * Spring Onion (green section)
- Spring Onions / Scallions (bulb / white part)
- Sugar Snap Peas
- * Summer Squash
- * Sun dried Tomatoes (up to 4 pieces)
- * Squash
- ** Swede
- * Sweet Corn (1/2 cob LOW)
- * Sweet Potato
- * Swiss Chard

- * Taro
- * Tomato (fresh & canned, Cherry, Common, Roma)
- ** Turnip

- ** Water Chestnut

- ** Yam

- * Zucchini

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Meat & Protein Substitutes

- ** Bacon
- * Beef (hard to digest)

- ** Chicken
- Chorizo
- ** Cold Cuts / Deli Meat
- ** Crab Meat

- ** Duck

- ** Eggs

- ** Fish (All)

- ** Lamb
- ** Lobster

- * Humous

- ** Mussels

- ** Oyster

- ** Pork
- ** Prawns
- Processed Meat (check ingredients)
- ** Prosciutto

- ** Quinoa

- ** Quorn (vegetarian meat substitute)

- Sausages
- ** Shellfish
- ** Shrimps

- ** Tempeh
- ** Tofu
- ** Tuna (canned)

** Turkey

Comments on Meat:

- Limit or avoid processed meats (hidden FODMAPs & irritants).
- Eat fresh fruit, vegetables, & whole meats/fish – which are best.

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Cereals, Grains, Breads & Pasta

- * Almonds (max of 15)
- * Almond Meal (small amount)
- * Amaranth Flour
- ** Arrowroot

- Bagels
- * Barley (including Flour)
- * Barely Bran
- ** Basmati Rice
- Biscuits (Wheat based)
- ** Biscuit, savoury
- * Bran Cereals
- * Brazil Nuts
- Bread (Wheat based)
- ** Bread (Wheat & Gluten Free)
- * Breadcrumbs (small amount)
- ** Brownies (Gluten & Lactose-free)
- ** Brown Rice
- ** Buckwheat
- ** Buckwheat Flour

- ** Buckwheat Noodles
- * Bulgur / Bourghal (1/4 cup, cooked)

Cakes

- * Cakes (Gluten & Lactose-free)
- * Cakes (Flour-less)

Cereal Bar (wheat based)

- * Cereals (Corn based)
- ** Cereals (Gluten free)
- * Cereal (Oat based)
- ** Cereals (Rice based)

Chestnuts

Chia Seeds

Chips, plain

Coconut (flesh)

Coconut Cream

Coconut Flour

Coconut Milk

Cookies (Gluten & Lactose-free)

Corn

Corn Bread

Corn Cakes

Corn Chips / Tortilla Chips

Cornflakes

Cornflour

Cornmeal

Corn Starch

Corn Thins

Corn Tortillas (3 tortillas)

Cous Cous

Crackers, plain (Lactose free)

Crackers (Gluten-free)

Cream of Buckwheat

Crispbread

Croissants

Crumpets

Glass Noodles

Egg Noodles

Egusi Seeds

Einkorn Flour

- ** Farls (Irish Potato Bread)
Flour (Wheaten)
- ** Flour (Gluten-free)
- ** Flour, Multi-Purpose
FOS – fructooligosaccharides
Freekeh
- ** Frosting (Gluten-free)

- ** Ghirardelli semi-sweet Chocolate Chips
Gnocchi
Granola Bar

- * Hazelnuts (max of 15)
Inulin

Kamut

- * Macadamia Nuts
- ** Maize
- ** Maize Starch
- ** Millet
- ** Millet Flour
- * Mixed Nuts
- * Muesli (fruit free)
- ** Muesli (Wheat-free)
Muesli Cereal
Muesli Bar
Muffins
Multigrain Bread
Naan Bread

Noodles

- * Oats
- ** Oats (Gluten Free)
- * Oat Bran
- * Oat Bread
- * Oatcakes
- * Oatmeal (1/2 cup)
Oatmeal Bread
Oligofructose

Pancakes

Pasta (made from Wheat)

** Pasta (Wheat & Gluten Free)

Pastries

** Pastries (Gluten & Lactose-free)

Pastry Mixes

** Pastry Mixes (Gluten & Lactose-free)

* Peanuts

* Pecans – max of 15

* Pine nuts – max of 15

Pistachios

** Polenta

* Popcorn

** Poppy Seeds

* Porridge

** Potato

** Potato Bread

** Potato Crisps, plain

** Potato Flour

** Potato Starch

* Pretzels

** Psyllium

Pumpernickel Bread

* Pumpkin Seeds

** Quinoa

** Rice

** Rice Bran

** Rice Bread

** Rice Cakes

** Rice Crackers

** Rice Flakes

** Rice Flour

** Rice Krispies

** Rice Noodles

** Rice Vermicellis

Roti Bread

Rye

* Rye (Wheat-free)

Rye Flour

Rye Crisp Bread

* Rye Cruskits

* Ryvitas

- ** Sago
- ** Salt
- Semolina
- * Sesame Seeds
- * Shortbread Biscuit (1 only)
- * Spelt
- * Spelt Bread
- * Spelt Flour
- ** Sorghum
- * Sourdough (made of Spelt & Oat)
- Sourdough (mad of Wheat & Rye)
- Sourdough Bread
- ** Starch
- * Sunflower Seeds

- ** Tapioca
- ** Tapioca Starch
- * Tortilla Chips / Corn Chips

Udon Noodles

- ** Vanilla Extract (alcohol-free)

Waffles

- * Walnuts
- * Wheat
- Wheat Bran
- Wheat Cereals
- * Wheat Color Caramel (Fructan-free & Wheat derived)
- * Wheat Dextrin (Fructan-free & Wheat derived)
- * Wheat Dextrose (Fructan-free & Wheat derived)
- Wheat Flour
- * Wheat Glucose (Fructan-free & Wheat derived)
- * Wheat Maltodextrin (Fructan-free & Wheat derived)
- Wheat Noodles
- * Wheat Starch (Fructan-free & Wheat derived)
- * Wheat Thickeners (Fructan-free & Wheat derived)
- Wheat Rolls
- Wheaten Bread (Wheat & Buttermilk)
- Wheatgerm
- ** White Rice
- ** Whole Grain Rice

** Xanthan Gu

Dairy Foods

* Almond Milk

Butter

Buttermilk

* Blue Cheese

* Brie (Cheese)

* Camembert (Cheese)

* Cheddar Cheese

* Chevre Cheese

* Coconut Milk

* Colby Cheese

Condensed Milk

Cottage Cheese

Cream

* Cream (Lactose-free)

Cream Cheese

Custard

* Edam Cheese

* Emmental Cheese

Evaporated Milk

* Feta Cheese

Frozen Yogurt

Gelato

- * Goat Cheese - plain
- * Gorgonzola Cheese
- * Gouda Cheese
- * Greek Yoghurt
- * Gruyere Cheese

Halmoumi Cheese

- * Hard & Ripened Cheeses
- * Havarti Cheese

Ice Cream

Kefir

Lactose

- * Lactose-free Cow's Milk (still containing Lactose)
- * Lactose-free Cheese (still containing Lactose)

Margarine

- ** Margarine, vegetable (without Buttermilk)
- Milk – Cow, Goat and Sheep
- Milk Powder

- * Monterey Jack (Cheese)
- * Mozzarella Cheese

- * Neufchâtel Cheese

- * Oat Milk – 30 ml, enough for cereal

- * Parmesan Cheese
- * Pecorino Cheese
- * Processed Cheese
- * Provolone Cheese
- * Pudding (dairy free, with soya &/or cacao)

- * Raclette Cheese

- ** Rice Milk
- * Ricotta Cheese (2 Tablespoons)
- * Romano Cheese

- * Sherbet
- * Soft Cheeses (up to 2 ounces only)

- * Sorbet
- Sour Cream
- * Soya Milk
- * Soy Protein (avoid soya beans)
- * Soy Cheese (in small amounts),
- * Stilton Cheese
- Sweetened Condensed Milk
- * Swiss Cheese

- * Taleggio Cheese

- Whipped Cream

- Yoghurt
- ** Yoghurt - Lactose Free

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Nuts & Seeds

- * Almonds (up to 15 a day)

- * Brazil Nuts

- Cashews
- * Chestnuts
- * Chia Seeds

- * Flax Seeds

- * Hazelnuts

- * Linseeds

** Macadamia Nuts

* Peanuts

* Pecans

* Pine Nuts

Pistachios

** Pumpkin Seeds

* Sesame Seeds

* Sunflower Seeds

* Walnuts

Comments on Seeds:

- Nuts, nut and seed butters (no pistachios or cashews).
- No more than a handful of nuts and seeds or 2 Tbsp. of nut or seed butter in a meal

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Condiments

Apple Cider Vinegar

** Avocado Oil

* Balsamic Vinegar (1TbS LOW)

Barbecue Sauce

** BBQ Sauce (Onion and Garlic free)

* Butter

- ** Canola Oil
- ** Capers in Vinegar
- ** Capers, salted
- Caviar Dip
- Cider Vinegar
- * Chutney, (1 TbS LOW)
- * Coconut Oil

- * Fish Sauce

- ** Garlic infused Oil
- Gravy, (contining onion powder)

- ** Hoisin Sauce
- Honey
- * Horseradish
- Hot Sauce
- Hummus / Houmous

- * Ketchup (check added sweeteners)

- ** Lemon Juice
- ** Lime Juice

- ** Malt Vinegar
- * Margarine
- ** Margarine (Lactose-free)
- ** Mayonaise (Cream-free)
- * Mayonnaise (Garlic & Onion free)
- ** Miso Paste
- ** Mustard

- ** Olive Oil
- * Oyster Sauce

- * Peanut Butter
- ** Peanut Oil
- * Pesto Sauce (1/2 TBS LOW)

- Quince Paste

- ** Red Wine Vinegar

- * Relish (1 TBS LOW)
Relish / Vegetable Pickle
- ** Rice Bran Oil
- * Rice Wine Vinegar (1 TbS LOW)

- ** Sesame Oil
- ** Shrimp Paste
- * Soy Sauce (contains Gluten)
- * Stock cubes (some are containing lactose – read the ingredients list)
- ** Sunflower Oil
- ** Sweet and Sour Sauce
- ** Sweet Chili Sauce (garlic-free)

- Tahini paste
- ** Tamari
- ** Tamarind Paste
- * Tomato Sauce
- Tzatziki dip

- ** Vegemite (non-dairy Mayo version)
- ** Vegemite
- ** Vegetable Oil
- * Vinegar (1 TbS LOW)

- ** Wasabi
- ** White Vinegar
- ** Worcestershire Sauce

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Seasoning

- ** All-Spice
 - ** Asafoetida Powder (Onion substitute - contains gluten)
 - ** Avocado Oil

 - ** Baking Powder
 - ** Baking Soda
 - ** Barbecue Sauce
 - ** Basil
 - ** Bay Leaves
 - ** Black pepper

 - ** Canola Oil
 - ** Caraway
 - ** Cardamon
 - Carob Powder
 - * Cesar Salad Dressing (Lactose)
 - * Chilli Powder
 - ** Chives
 - Chutney
 - ** Cilantro
 - ** Cinnamon
 - ** Cloves
 - ** Cocoa Powder
 - ** Coconut Oil
 - ** Coriander
 - * Cream (1/2 cup - if NOT lactose intolerant)
 - ** Cumin
 - ** Curry Leaves
 - ** Curry Powder
-

Sweets & Sweeteners

- Agave Nectar
- Agave Syrup
- * Aspartame
- ** Acesulfame K

- ** Beet Sugar
- ** Brown Sugar

- ** Cane Sugar
- ** Castor Sugar
- Carob Chocolate
- Carob Powder
- Chickory
- Cocoa Powder
- ** Coconut Sugar
- ** Confectioner's Sugar
- Corn Syrup
- ** Corn Syrup (low Fructose)
- Corn Syrup Solids
- * Chocolate – avoid large servings

- * Dark Chocolate (5 squares or 30 g) (70% cacao or over is usually Lactose free)

- Fructooligosaccharides (FOS)
- Fructose
- Fruisana
- Fruit bar

- ** Gelato (made from Low FODMAP fruits and sweeteners)
- ** Glucose

- High Fructose Corn Syrup (HFCS)
- Honey
- ** Honeydew

- ** Icing Sugar
- Inulin
- Isomalt

- * Jam
Jam (mixed Berries)

Comments on Sweets:

- Avoid artificial sweeteners (see GOS) & sugar free or low carb sweets, mints, gums, & dairy desserts.

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Drinks

- * Almond Milk (1 cup a day)
- * Beer – (one bottle or less)
Black Tea (strong)
- ** Black Tea (weak)
- Chai Tea (strong)
- ** Chai Tea (weak)
- Chamomile Tea
- Chicory Tea
- ** Clear Spirits
- Cocoa Powder
- Coconut Water
- * Coconut Milk (1/2 cup)
- Cordial (with real juice)
- * Coffee (regular or decaffeinated)

Dandelion Tea (strong)

** Drinking Chocolate Powder (Milk free)

* Espresso (regular or decaffeinated)

Fennel Tea (strong)

Fruit and Herbal Tea (with Apple added)

** Fruit & Herbal Tea (weak - ensure no apple added)

* Fruit juice (125ml and safe fruits only)

** Gin

** Green Tea

* Hemp milk (1 cup a day)

Herbal Tea (strong)

* Instant Coffee (regular or decaffeinated)

Inulin

* Lactose-free cow's milk (still containing Lactose)

* Lemonade (in low quantities)

* Malted Chocolate Powder (Milk free)

Met (Honey Wine)

Orange Juice (in quantities over 100ml)

Oolong Tea

** Peppermint Tea

** Protein Supplement (Lactose Free)

** Rice Milk

Rum (White and Dark)

** Sherry (dry)

Sherry (sweet)

Sodas (containing High Fructose Corn Syrup (HFCS))

* Soya Milk (made with Soy Protein)

* Soda – such as diet coke (in low quantities)

* Soft Drinks (in low quantities)

* Sports Drinks

Sticky Wine

- * Sugar Free fizzy Drinks (in low quantities)
- ** Vodka
- ** Water
- ** Whiskey
- ** White Tea
- * Wine (no more than 1 glass)
Wine (Low Glycemic Index)
- ** Wine (Red)
Wine (Rose)
- ** Wine (White, dry)
Wine (White, sweet))
- * Wine, Sparkling & Sweet

Comments on Drinks:

- Alcohol – is an irritant to the gut, limited intake is advised
- Avoid alcohol high in indigestible carbohydrate, such as beer.
- Clear spirits such as Vodka & Gin (– drink with water/soda, flavored with fresh suitable fruit ... in moderation is preferable.)

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Eat responsibly & Have a lovely Life

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Thank You For Reading.

More Info about the author
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