

AGA Patient Education Section

Low-FODMAP Diet

What is the Low-FODMAP Diet?

FODMAP is a group of 5 sugars found in certain foods. These sugars are lactose, fructose, fructans, galactans, and polyols. FODMAP stands for:

- Fermentable.
- Oligosaccharides.
- Disaccharides.
- Monosaccharides.
- And.
- Polyols.

For some people, FODMAPs are poorly absorbed. When this happens, symptoms may include:

- Bloating or swelling in your belly.
- Gas.
- Belly pain.
- Nausea.
- Diarrhea (loose stool) and/or constipation (hard stool or trouble passing stool).

The low-FODMAP diet has 3 phases:

- Eliminate (getting rid of FODMAPs from your diet).
- Reintroduce (slowly add FODMAPs back in).
- Liberate (work with your doctor to find the best diet plan for you, based on results of phase 2).

Do not start the low-FODMAP diet until your doctor or dietician tells you to and gives you instructions on how to follow the diet the right way.

Some common high-FODMAP foods are:

- Some fruits, such as:
 - Apples.
 - Apricots.
 - Blackberries.

- Some veggies, such as:
 - Artichokes.
 - Asparagus.
 - Cabbage.
- Some dairy, such as:
 - Milk or yogurt.
- Some sweeteners, such as:
 - High-fructose corn syrup.
 - Honey.
- Foods that have sweeteners ending in *-ol* (many candies or gum), such as:
 - Sorbitol.
 - Xylitol.

Who Should Be on the Low-FODMAP diet?

Certain health issues can be helped by the low-FODMAP diet:

- Irritable bowel syndrome with diarrhea.
- Irritable bowel syndrome–mixed (both diarrhea and constipation).
- Functional diarrhea (chronic loose stool with no belly pain).
- Bloating or swelling of the stomach that won't go away.
- Nonceliac gluten sensitivity.
- Celiac disease, if there are no gastrointestinal symptoms while the disease is under control, as stated by your doctor.
- Inflammatory bowel disease, if there are still gastrointestinal symptoms while the disease is under control, as stated by your doctor.
- Small intestine bacterial overgrowth.

Talk to your doctor to learn more about the low-FODMAP diet and the GI conditions it might help. Read more at www.gastro.org/patientinfo