



THE PATH
TO GREATER
VITALITY AND
HEALTH

LOW FODMAP DIET

FODMAP describes a group of short-chain carbohydrates and sugar alcohols that are poorly absorbed in the small intestine. FODMAPs are generally not bad for your health, but problems can arise if too many of them reach the large intestine and are fermented there by bacteria. This can lead to symptoms such as flatulence and diarrhoea, particularly in patients with a sensitive gut. Patients with irritable bowel syndrome, chronic inflammatory bowel disease or non-specific gastrointestinal complaints are especially affected. Such patients can benefit from a low FODMAP diet. A low FODMAP diet can also be useful for people with wheat sensitivity, fructose, or lactose malabsorption if they continue to experience symptoms despite adhering to their specific diet [1].

F → fermentable

O → Oligosaccharides Multiple sugars (e.g. fructans/galactans in onions)

D → Disaccharides Double sugars (e.g. lactose in dairy products)

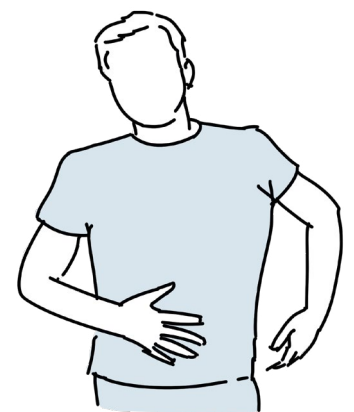
M → Monosaccharides Simple sugars (e.g. fructose in apples)

A → and

P → Polyols (e.g. sorbitol in chewing gum)

WHO CAN BENEFIT FROM A LOW FODMAP DIET? PATIENTS WITH...

- Irritable bowel syndrome
- Chronic inflammatory bowel diseases
- Wheat sensitivity
- Fructose malabsorption
- Lactose malabsorption
- Gastrointestinal infections
- Nonspecific gastrointestinal complaints



In order to alleviate the symptoms in the long term, you should follow a 3-step concept:

1. Eliminate phase

- Achieve a symptom-free status
- Duration: 6-8 weeks
- Eliminate all high FODMAP foods

2. Reintroduction phase

- Determine the individual tolerance threshold
- Introduce a food over 3-4 days, increase the amount slowly
- Only test one food at a time

3. Individualised permanent diet

- Once you know your tolerance threshold you can move on to your individualised permanent diet



Drink enough. The daily amount should be at least 1.5 litres, with 2-3 litres being ideal [1].

Not suitable: Fruit and vegetable juices, soft drinks, alcoholic drinks, coffee, black and green tea



Well-suited: Mineral water (non-carbonated), peppermint tea

WHICH FOODS SHOULD YOU AVOID

- Artificial sweeteners
- Alcoholic and carbonated drinks
- Calorie-reduced „light“ products
- Dairy products high in lactose content
- Fruit high in fructose content
- Finished products

USEFUL TIPS

- Allow sufficient time and peace for eating
- Eat slowly and chew well
- Limit coffee and black tea to a max. of 4 cups per day
- Replace onions and garlic with flavoured oils
- Prefer sourdough bread with a long rising time
- Use lactose-free dairy products

	LOW FODMAP FOODS 	FODMAP-reich 
Beverages	Mineral water green tea/herbal tea (steeped briefly)	Lemonades, fruit juices
Vegetables	Carrot, pepper, cucumber, lettuce, tomato, courgette, aubergine, spinach, kohlrabi, chard, white cabbage	Cauliflower, artichoke, garlic, onions, leek, mushrooms, beetroot, black salsify, sweet potato, sweetcorn
Fruit	Pineapple, banana, blueberries, mandarin, strawberries, raspberries, kiwi, honeydew melon, lemon, rhubarb, grapes	Apple, pear, blackberries, blackcurrants, grapefruit, cherries, mango, nectarine, plums, watermelon, avocado
Cereals, cereal products	Buckwheat, oats, millet, tapioca, quinoa, rice, potatoes	Barley, green spelt, rye, wheat, amaranth, bulgur, couscous, wheat germ
Fats	Vegetable oils	
Nuts, seeds	In smaller quantities: Hazelnuts, walnuts, peanuts, pumpkin seeds, sunflower seeds, chia seeds	Cashew nuts, pistachios
Fish, meat	Fish, meat, seafood	Breaded meat/fish pieces, be careful with processed meat (e.g. meatballs)
Others	Tofu (firm), tempeh, rice drink, coconut milk, almond drink, soy drink made from soy protein*, chickpeas (small quantities) maple syrup, stevia, sugar	Silken tofu, soy drink made from whole soybeans, beans, peas, lentils, agave syrup, fructose syrup, honey, sugar substitutes

The table only contains examples of foods and does not represent a complete list.

*Make sure that no high FODMAP ingredients have been added to the milk alternatives.

This recommendation does not consider any other intolerances or allergies. It also does not claim to be exhaustive and serves only as an initial guide. It does not replace the advice of a professional nutritionist.

Sources:

[1] Storr M. (2017). The nutritional guide to the FODMAP diet. 2nd edition, Zuckschwerdt Verlag GmbH.

Picture credits:

© ricka_kinamoto - stock.adobe.com