Elmhurst Digestive & Liver Diseases
ElmhurstGI.com

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LOW FODMAP

IBS | SIBO

The term FODMAP is used to distinguish several sugars called fructose, lactose, fructans, galactans and polyols.

In efforts to help people with Irritable Bowel Syndrome (IBS) relieve digestive discomfort, such as bloating, excess gas, diarrhea or constipation, many people choose to follow a diet low in FODMAP sugars.

DIGESTION OF FODMAPs
The logic of reducing the consumption of FODMAP in people with IBS is based on the digestion of these in the intestinal tract.

FODMAPs are fermentable short chain carbohydrates, that is, they attract water to the small intestine that can manifest diarrhea and are fermentable in the colon and can cause gastrointestinal symptoms such as gas and bloating.

Fructans and galactans are oligosaccharine sugars that humans cannot absorb because we do not produce the enzyme called hydrolase to digest these carbohydrates.

Lactose is a disaccharide sugar that many people cannot digest because it does not produce enough enzyme called lactase.

Fructose and polyols are monosaccharide sugars that are absorbed very slowly in the small intestine. This slow absorption causes osmosis and fluids to enter the intestines and cause diarrhea.

FOODS CONTAINING FODMAP SUGARS
Fructose: Agave, apples, pears, watermelon, honey, high fructose corn syrup (HFCS).
Lactose: Milk from mammals, dairy products, soft cheeses (hard cheeses are low in lactose).
Fructans: Garlic, onions, wheat, cashew nuts, pistachios.
Galactans: Legumes / dried beans, cashews, pistachios.
Polyols: Apple, cauliflower, mushrooms, stone fruits, sweet corn, sweeteners that end in -ol (for example, sorbitol, xylitol, maltitol, mannitol).

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LOW FODMAP MEALS AND SNACKS:
- Scrambled eggs with spinach and feta
- Oatmeal topped with sliced banana, almonds and brown sugar
- Lactose-free yogurt with strawberries and crushed walnuts
- Rice pasta with chicken, tomatoes and zucchini
- Sliced turkey on a gluten-free wrap with lettuce, tomato, Swiss cheese, and mustard
- Quesadilla with corn tortilla and cheddar cheese