

LOW-FODMAP DIET

What Is the Low-FODMAP Diet?

- ▶ FODMAP refers to a group of five sugars found in certain foods. These sugars are lactose, fructose (in excess), fructans, galactans and polyols. Specifically, FODMAP stands for:
 - Fermentable
 - Oligosaccharides
 - Disaccharides
 - Monosaccharides
 - And
 - Polyols

- ▶ For some people, FODMAPs are poorly absorbed and can cause symptoms:
 - Bloating or swelling in your belly.
 - Gas.
 - Belly pain.
 - Nausea.
 - Diarrhea (loose stool).
 - Constipation (hard stool or trouble passing stool).

- ▶ The low-FODMAP diet has three phases.
 1. Eliminate.
 2. Reintroduce.
 3. Liberation.



- ▶ It is very important to work with your doctor or dietitian when thinking about following the low-FODMAP diet.
- ▶ Do not start the low-FODMAP diet until your doctor or dietitian tells you to and gives you detailed instructions on how to follow the diet the right way.



Please refer to the full list of high-FODMAP foods in the “Getting Started” section.



The information provided by the AGA Institute is not medical advice and should not be considered a replacement for seeing a medical professional.