

What is the Low FODMAP Diet?



Low FODMAP Dietary Handout Created For



Gastroenterology Associates of Columbus
Columbus, Mississippi

What is it?

FODMAPs are a group of small chain carbohydrates (sugar and fibers) that are commonly found in everyday foods. FODMAPs is an acronym that stands for:

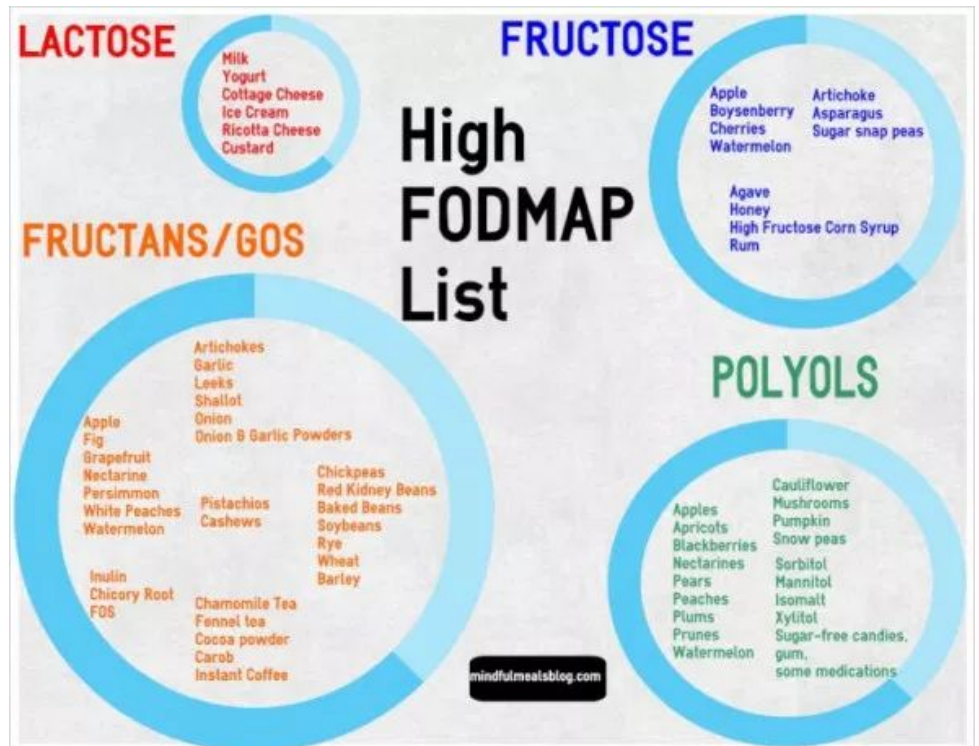
- F: Fermentable
- O: Oligosaccharides (fructans and galacto-oligosaccharides-GOS)
- D: Disaccharides (lactose, milk sugar)
- M: Monosaccharides (excess fructose)
- A: And
- P: Polyols (sugar alcohols such as sorbitol or mannitol)¹

Where are they found?

FODMAPs are found in dairy products, wheat, and some fruits and vegetables. Here are some common high FODMAP foods to avoid!

How do they work?

- They pull water from the gut into the intestinal tract (osmotic)
- FODMAPS are not well digested or absorbed in everyone, especially those who are sensitive
- If eaten in excess, the bacteria in the intestinal tract can ferment leading to gas, bloating, cramping, and diarrhea²



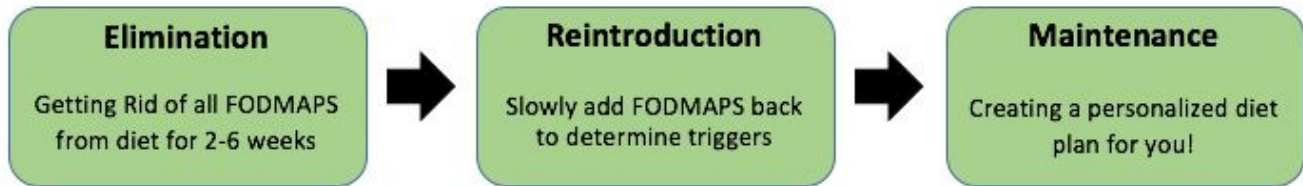
What are the benefits?

A diet low in FODMAPs can help reduce symptoms (gas, bloating, cramping, diarrhea).

A low FODMAPs diet is often used in people with Irritable Bowel Syndrome (IBS), Inflammatory Bowel Disease (IBD), and in those with other digestive disorders who are sensitive to FODMAPs.²



The Three Phases of the Low FODMAP Diet



So what can I eat?

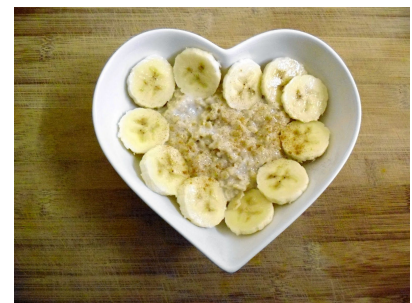
It may seem overwhelming but there are a LOT of low FODMAP foods that are available! It can take some time to get used to but there are great options and alternatives available.

For a comprehensive list of low FODMAP foods to eat and high FODMAP foods to avoid see the end of the packet.

Sample Meal Options

Breakfast:

- Gluten free waffle with pure maple syrup
- Scrambled eggs with spinach, bell peppers, and cheddar cheese
- Oatmeal with sliced banana, nuts, and brown sugar
- Fruit smoothie with lactose free yogurt and berries
- Gluten free cereal with almond milk



Lunch:

- Lettuce salad with cucumbers, bell peppers, tomatoes, cheddar cheese, chicken, with balsamic dressing
- Gluten free pasta with chicken, vegetables, and pesto
- Turkey and swiss cheese sandwich on gluten free bread
- Cheddar cheese quesadilla on corn tortilla



Dinner:

- Grilled chicken with steamed carrots
- Baked fish with roasted zucchini and sweet potatoes
- Gluten free pasta with peppers, meatballs, & tomato sauce
- Stuffed Baked Potatoes made with lactose free milk and butter
- Quinoa and ground turkey stuffed peppers



Snacks:

- Celery with peanut butter and raisins
- Gluten free pretzels
- Rice cakes with nut butter and bananas
- Homemade trail mix (raisins, banana chips, peanuts, almonds)
- Gluten free crackers with carrots

More Meal Ideas and Blogs

1. A Digestive Peace of Mind, Kate Scarlata RDN, FODMAP & IBS Expert
<http://blog.katescarlata.com/>

Kate has great recipes, meal plans, grocery shopping lists, information sheets, and more!

2. A Little Bit Yummy

Great recipes, meal plans, and tips on making foods low FODMAP

All recipes are checked by a registered dietician to ensure they meet low FODMAP recommendations

3. Emma Hatcher, She Can't Eat What?

<http://www.shecanteatwhat.com/>

FODMAP Friendly Kitchen Cookbook (Amazon and Barnes and Noble)

Emma has great recipes for every meal and season!

4. IBS Nutrition, Audrey Inouye

<http://www.ibsnutrition.com/>

IBS Facebook Groups & Low FODMAP Eating Out Guide

Audrey has lots of guides, nutrition counseling, and great

FOR A DIGESTIVE PEACE OF MIND
KATE SCARLATA RDN, FODMAP & IBS EXPERT
blog

Low FODMAP Brands

Udi's White Sandwich Bread

Udi's Pizza Crust Mix

Nut Butters (No added sugar, honey, or HFCS)

Blue Diamond Almond Nut Thins

Kellogg's Corn Flakes and Gluten Free Special K

San-J Gluten Free Tamari Soy Sauce (use as soy sauce replacement)

Glutino Pretzels

King Arthur Flour Gluten Free

Betty Crocker Gluten Free (flours, baking mixes, bisquick)

Barilla Gluten Free Pasta

TrueSelf Low FODMAP Snack Bars



recipes!

Apps

Monash FODMAP

Food guides, recipes, and shopping list

Cost: \$12.99

FODMAP Friendly App

Lists hundreds of suitable foods

Cost: \$2.99

Casa de Sante FODMAP

20 weeks of low FODMAP meal plans, recipes, cooking videos, shopping lists

Cost: Free

Bowelle

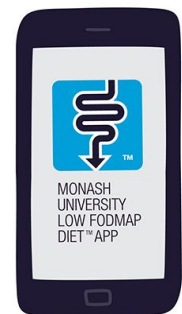
Great for tracking data to help identify patterns and triggers

Cost: Free

FoodMaestro

Barcode scanner to check food labels for dietary profiles

Cost: FREE



Tips

Have Support

Starting on this journey can be stressful so make sure you have support! Talk with your friends and family, having their support goes a long way towards sticking with a low FODMAP diet. Also be sure to talk with your physician about any concerns or questions you have!



Be Ready

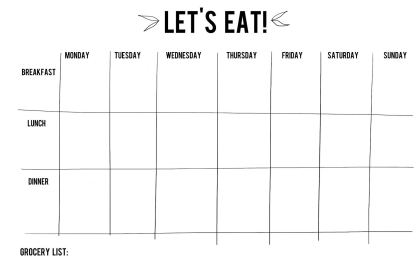
Get the best, up to date resources to help you on this journey. There are so many grocery lists, apps, recipes, and blogs that have great information to help identify low FODMAP foods.

READ LABELS!

There are so many ways companies sneak additives into food. It is important to make sure you are reading all labels to look for ingredients that are high FODMAP (high fructose corn syrup is a common one!)

Meal Plan

Making changes to your diet seem overwhelming and time consuming. Taking time at the beginning of the week to meal plan and write out a grocery list can save time later in the week and ensure you have all ingredients you need.



Have Some Alternatives

Transitioning to a low FODMAP diet can be easier if you have some alternatives to swap out high FODMAP foods in normal recipes!

Since onion and garlic powders are high FODMAP, garlic infused oils, chives, and scallions are good alternatives!

When using gluten free flour for baking, make sure the mix has xanthan gum added or add it separately. This helps baked goods stick together and have some texture in the absence of gluten. Also be sure to make sure that the gluten free flour mix doesn't have irritating products such as chickpeas or almonds.

Two of the easiest low FODMAP mixes is Bob's Red Mill Gluten-Free 1 to 1 Baking Flour (make sure to get the BLUE bag) or King Arthur Gluten-Free Measure for Measure Flour. These both contain xanthan gum so can be swapped in recipes 1 to 1 for normal flour.



References:

1. Clinical Gastroenterology and Hepatology. Low-FODMAP Diet. AGA Patient Education SEction. 2017;15:xxv. Available at https://ac-els-cdn-com.proxygw.wrlc.org/S1542356517309795/1-s2.0-S1542356517309795-main.pdf?_tid=cadf5018-7797-4fb2-8d85-4eba8ef060f6&acdnt=1533845716_a2eda61d77a4706efe4cea47d1561008. Accessed July 30, 2018.
2. Digestive Health Foundation. Information about Low FODMAP Diet to improve Irritable Bowel Syndrome symptom control. Gastroenterology Society of Australia; 2013;1-4. Available at <http://cart.gesa.org.au/membes/files/Consumer%20Information/Low%20FODMAP%20Diet.pdf>. Accessed July 30, 2018.

Build Your Own **Low FODMAP**

Nourish Bowl

Finish with a Drizzle or Handful of Healthy Fats

- olive oil
- avocado
- almonds
- Brazil nuts
- chestnuts
- hazelnuts
- macadamia nuts
- peanuts
- pecans
- pine nuts
- walnuts
- hemp seeds
- pumpkin seeds (pepitas)
- sunflower seeds

Top with a Serving of Fruit

- blueberries
- clementine
- coconut
- grapes
- kiwifruit
- orange
- papaya
- pineapple
- raspberries
- star fruit
- strawberries

Select a Protein

- beef
- chicken
- turkey
- pork
- fish
- shellfish
- peanut butter
- firm tofu
- tempeh
- cheese (Swiss, feta, cheddar)

Add Colorful Vegetables

- arugula
- bok choy
- beets (pickled)
- bell peppers
- broccoli
- carrots
- collard greens
- common green or red cabbage
- cucumber
- roasted eggplant
- endive
- fennel
- green beans
- kale
- lettuce
- parsnip
- radish
- spinach
- Swiss chard
- summer squash
- tomatoes
- watercress
- zucchini

Pick a Base

- rice (brown, white, red)
- buckwheat groats
- gluten free pasta
- spaghetti squash
- quinoa
- millet

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DISCLAIMER: The information provided is not intended to provide medical advice or to diagnose or treat medical diseases. It is strictly for informational purpose. Before undertaking any course of treatment or diet change seek the advice of your physician or health care provider. This handout does not replace their medical advice.

HIGH FODMAP DIET CHECKLIST

FOODS TO AVOID

By Kate Scarlata RDN, FODMAP & IBS expert

high lactose

[creates gas + pulls water into the gut]

CHEESE

COMMERCIALY PREPARED RICOTTA CHEESE, COTTAGE CHEESE

BEVERAGES

COW, SHEEP, & GOAT MILK

OTHER

EVAPORATED MILK, YOGURT, ICE CREAM, CUSTARD

excess fructose

[pulls water into the gut]

VEGETABLES

JERUSALEM ARTICHOKES, ASPARAGUS, SUGAR SNAP PEAS, SUN-DRIED TOMATOES

FRUIT

APPLES, BOYSENBERRY, CHERRIES, FRESH FIGS, MANGO, PEARS, TAMARILLO, WATERMELON

SWEETENERS

AGAVE, HIGH FRUCTOSE CORN SYRUP, HONEY

ALCOHOL

RUM

high fructans/GOS

[creates gas]

VEGETABLES

ARTICHOKES, GARLIC, LEEK AND SCALLION BULBS (THE WHITE PARTS), SHALLOT, ONION, ONION & GARLIC POWDER, PEAS, SOYBEANS, KIDNEY BEANS

FRUIT

BANANA (RIPE), CURRANTS, DATES, FIGS (DRIED), GRAPEFRUIT, NECTARINE, PERSIMMON, PLUMS, PRUNES, WHITE PEACHES, WATERMELON

GRAINS

RYE, WHEAT, BARLEY

NUTS

PISTACHIOS, CASHEW

LEGUMES

BORLOTTI BEANS, MATURE SOYBEANS (MOST SOY MILK, SOY FLOUR), BAKED BEAN, BLACK BEANS, FAVA BEANS, KIDNEY BEANS, NAVY BEANS, SPLIT PEAS

OTHER

OOLONG TEA, CHAMOMILE AND FENNEL HERBAL TEA, CAROB, CHICORY ROOT EXTRACT, INULIN OR FOS (FRUCTOOLIGOSACCHARIDE)

high polyols

[pulls water into the gut]

VEGETABLES

CAULIFLOWER, MUSHROOMS, SNOW PEAS

FRUIT

APPLES, APRICOTS, BLACKBERRIES, CHERRIES, NECTARINES, PEARS, YELLOW PEACHES, PLUMS, PRUNES, WATERMELON

SWEETENERS

SORBITOL, MANNITOL, ISOMALT, XYLITOL

The FODMAP elimination diet is to be followed for a limited time, approximately 2-6 weeks. Work with a FODMAP knowledgeable registered dietitian to provide guidance on the reintroduction phase of the diet and to ensure your diet is nutritionally adequate and balanced.

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Low FODMAP diet checklist

By Kate Scarlata RDN, FODMAP & IBS expert

low lactose

CHEESE

BRIE, CAMEMBERT, COLBY, CHEDDAR, GOAT CHEESE, FETA, HAVARTI, MOZZARELLA, PARMESAN, PECORINO, SWISS, LACTOSE FREE COTTAGE, LACTOSE FREE CREAM CHEESE

BEVERAGES

LACTOSE FREE COW'S MILK (WHOLE, 2%, 1% OR FAT FREE), CANNED COCONUT MILK (FULL FAT & LIGHT), HEMP MILK, ALMOND MILK, RICE MILK

OTHER

LACTOSE FREE ICE CREAM, SORBET FROM ACCEPTABLE FRUITS, LACTOSE FREE YOGURT, GOAT'S MILK YOGURT, COCONUT YOGURT, LACTOSE FREE SOUR CREAM, WHIPPED CREAM

GF = GLUTEN FREE
C. = CUP
TB = TABLESPOON
TSP = TEASPOON

no excess fructose

FRUIT

LIMIT TO ONE FRUIT SERVING PER MEAL

BANANA (SMALL FIRM), DRIED BANANA CHIPS, BLUEBERRIES, CANTALOUPE, CLEMENTINE, FRESH AND DRIED COCONUT, DRAGON FRUIT, GRAPES (RED, GREEN & BLACK), RIPE GUAVA, HONEYDEW,

KIWIFRUIT (GOLD & GREEN), LEMONS, LIMES, ORANGE, PAPAYA, PASSION FRUIT, PINEAPPLE, PLANTAIN, RASPBERRIES, RHUBARB, STAR FRUIT, STRAWBERRIES, TANGELO

SWEETENERS & BAKING

PURE MAPLE SYRUP, WHITE SUGAR, BROWN SUGAR, STEVIA, PALM SUGAR, RAW SUGAR, RICE MALT SYRUP, DARK CHOCOLATE, COCOA POWDER, VANILLA

ALCOHOL

MOST WINE & BEER, GIN, VODKA, WHISKEY

low fructans/GOS

VEGETABLES

ARUGULA, BAMBOO SHOOTS, BOK CHOY, BEAN SPROUTS, BEETS (PICKLED), ¼ C. BUTTERNUT SQUASH, BELL PEPPERS, BROCCOLI, CARROTS, CELERIAC, CHIVES, COLLARD GREENS, COMMON GREEN & RED CABBAGE, RED & GREEN CHILI, CUCUMBER, EGGPLANT, ENDIVE, FENNEL BULB & STALK, GREEN BEANS, FRESH & GROUND GINGER ROOT, KABOCHA SQUASH, KALE, LETTUCE, PARSNIP, PATTY PAN SQUASH, ¼ C. CANNED PUMPKIN, POTATO (WHITE) OR ½ C. SWEET POTATO, RADISH, RUTABAGA, SCALLIONS & LEEKS (GREEN PART ONLY), SPAGHETTI SQUASH, SPINACH, SWISS CHARD, SUMMER SQUASH, NORI SEAWEED, ½ C. TARO, TOMATOES (CANNED, CHERRY, PLUM & COMMON BEEFSTEAK), TURNIP, OIL INFUSED WITH GARLIC OR ONION, WATER CHESTNUTS, ZUCCHINI, WATERCRESS, GREEN & BLACK OLIVES

FRUITS

½ SMALL POMEGRANATE, 1 TB DRIED CRANBERRIES OR RAISINS, ¼ C. DRIED COCONUT & those listed on the no excess fructose and low polyol sections.

GRAINS

GF BREAD, GF PASTA, MILLET, OATS, RICE, RICE CAKES, QUINOA, QUINOA FLAKES, SLOW LEAVENED SOURDOUGH WHEAT OR SPELT BREAD, SOBA NOODLES, POLENTA, CORN TORTILLAS

NUTS/SEEDS

LIMIT TO 1 HANDFUL PER SITTING

ALMONDS, BRAZIL NUTS, CHESTNUTS, HAZELNUTS, MACADAMIAS, PEANUTS, PECANS, PINE NUTS, WALNUTS, CHIA SEEDS, POPPY SEEDS, PUMPKIN SEEDS, SESAME SEEDS, SUNFLOWER SEEDS

LEGUMES

¼ C. DRAINED & RINSED CANNED CHICKPEAS, 1 C. EDAMAME, ½ C. DRAINED AND RINSED CANNED LENTILS, FIRM TOFU, TEMPEH (PLAIN)

HERBS

BASIL, CILANTRO, CORIANDER, LEMONGRASS, MINT, ROSEMARY, PARSLEY, SAGE, TARRAGON, THYME

COFFEE AND TEA

COFFEE, ESPRESSO, TEAS: BLACK, GREEN AND WHITE TEAS, HERBAL PEPPERMINT TEA

low polyols

FRUIT

BANANA (SMALL FIRM), DRIED BANANA CHIPS, BLUEBERRIES, CANTALOUPE, CLEMENTINE, FRESH AND DRIED COCONUT, DRAGON FRUIT, GRAPES (RED & GREEN), RIPE GUAVA, HONEYDEW, KIWIFRUIT (GOLD & GREEN), LEMONS, LIMES, ORANGE, PAPAYA, PASSION FRUIT, PINEAPPLE, PLANTAIN, RASPBERRIES, RHUBARB, STAR FRUIT, STRAWBERRIES, TANGELOS

VEGETABLES

1/8 AVOCADO, ¼ C. BUTTERNUT SQUASH, ¼ STALK CELERY, ½ C. SWEET POTATO, OYSTER MUSHROOMS

SWEETENERS AND BAKING

PURE MAPLE SYRUP, WHITE SUGAR, BROWN SUGAR, STEVIA, PALM SUGAR, RAW SUGAR, RICE MALT SYRUP, DARK CHOCOLATE, COCOA POWDER, VANILLA

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LOW FODMAP GROCERY LIST

Always check ingredients on packaged foods to ensure they comply with the latest low FODMAP diet guidelines.

GRAINS

Gluten free pasta (*rice, quinoa, corn*)
Millet
Oats
Oat bran
Polenta
Quinoa (*black, red, white*)
Rice (*brown, white, basmati*)
Rice bran

BRAND NAME CEREALS

Ancient Harvest Quinoa Flakes
Bob's Red Mill Mighty Tasty Hot Cereal
Cheerios
Eden Organics Brown Rice Flakes Hot Cereal
Environkidz Gorilla Munch
Environkidz Peanut Butter Panda Puffs

BREADS

Udi's White Sandwich Bread
Sourdough (*white, wheat, spelt*)
Food for Life Multi Seed English muffins
Millet Bread
Food for Life Brown Rice Tortillas
Rudi's Plain Tortillas
Corn tortilla

FLOURS AND BAKING SUPPLIES

Bisquick Gluten-Free Pancake and Baking Mix
Dark chocolate
Flour (*corn, millet, quinoa, sorghum, buckwheat, rice*)
King Arthur GF Multi-Purpose flour
Namaste (*perfect flour blend, waffle & pancake mix, brownie mix, blondie mix, muffin mix*)
Pure Maple Syrup
Starch (*potato, tapioca, corn*)
Stevia
Sugar (*palm, brown, granulated*)

SPICES

All Spice
Black pepper
Cardamom
Chili powder
Chinese Five Spice
Cinnamon
Cloves
Coriander Seeds
Cumin
Curry Powder
Mustard Seeds
Nutmeg
Paprika
Saffron
Star Anise
Turmeric

PROTEIN

Beef
Chicken
Fish
Egg
Pork
Lamb
Tuna (*canned*)
Tofu (*firm*)



NUT BUTTER

Smucker's Peanut Butter
Skippy Peanut Butter
Teddie Peanut Butter
365 Smooth Almond Butter (*Whole Foods*)

NUTS/SEEDS

(allow one handful per sitting)

Almonds
Brazil nuts
Chestnuts
Chia seeds
Macadamias
Peanuts
Pecans
Pine nuts
Poppy seeds
Pumpkin seeds (*pepitas*)
Sesame seeds
Sunflower seeds
Walnuts

PRODUCE

VEGETABLES

Alfalfa sprouts
Arugula
Bamboo shoots
Bean sprouts
Beets (*limit to 4 slices*)
Bok choy
Bell peppers
Broccoli (*limit 1/2 cup*)
Bok Choy
Carrots
Capers
Cabbage (*common, red*)
Corn (*half a cob*)
Celeriac
Celery (*1/4 stalk*)
Chives
Chili pepper
Collard greens
Cucumber
Eggplant
Endive
Fennel bulb
Ginger
Green beans
Kale
Kabocha squash
Leek (*green leaves only*)
Lettuce
Olives (*green, black*)
Parsnip



Potato, white
Radish
Rutabaga
Scallions (*green part only*)
Spinach
Seaweed (*nori*)
Summer squash
Sweet potato (*limit to 1/2 cup*)
Swiss chard
Turnips
Tomato
Water chestnuts
Zucchini

FRUIT

(limit to one serving per meal)

Avocado (*limit to 1/8*)
Banana (*small*)
Blueberries
Cantaloupe
Coconut
Clementine
Dragonfruit
Grapes
Honeydew melon
Kiwifruit
Lemon
Lime
Orange
Papaya
Passion fruit
Pineapple
Plaintain
Raspberries
Rhubarb
Starfruit
Strawberries
Tangelo

HERBS

Basil
Cilantro
Lemongrass
Rosemary
Parsley
Tarragon
Thyme

DAIRY

CHEESE

Cheddar
Swiss
Colby
Parmesan
Goat
Havarti
Brie
Feta
Camembert
Mozzarella

MILK

Lactose free
Coconut milk (*canned only*)
Almond milk
Hemp milk

YOGURT/KEFIR

Green Valley lactose free yogurt
Lifeway kefir (*plain only*)



OILS/CONDIMENTS

Avocado oil
Butter (*sticks and spreadable*)
Canola oil
Coconut oil
Dairy blend (*70% butter, 30% oil*)
Extra virgin and virgin olive oil
Olive oil
Peanut oil
Rice bran oil
Sesame oil
Sunflower oil
Vegetable oil

JAMS/SPREADS

Fish Sauce
Marmalade jam
Mayonnaise
Miso Paste
Mustard
Oyster sauce
Rice wine vinegar
Sarabeth's (*Cranberry Relish, Strawberry Rhubarb Spreadable Fruit*)
Soy sauce
Wasabi

SNACKS+SWEETS

Aleia's (*almond horn cookies, peanut butter cookies*)
Barney Butter snack pack (*smooth, raw+chia, cocoa+coconut*)
Blue Diamond Almond Nut Thins
Gilbert's (*Super Dooper Snickerdoodles, Sensational Sugar cookies*)
Ginnybakes (*chocolate chip love + buttercrisp love mini cookies*)
Justin's dark chocolate peanut butter cups
Kettles Baked Potato Chips (*sea salt*)
Keo frozen dessert (*chocolate, coconut*)
Laiki rice crackers
Lundberg Rice Chips (*sea salt*)
Mary's Gone Crackers (*original*)
Rice Cakes
Simply gum (*mint, cinnamon, ginger*)
Snyder's GF Pretzels
Tortilla Chips
88 Acres dark chocolate sea salt bars

BEVERAGES

Coffee
Cranberry Juice (*100%, containing no HFCS*)
Tea (*black, green, peppermint, white*)
Water



References: Packaged food ingredient lists, USDA National Nutrient Database, Monash University low FODMAP diet app. The opinions of For a Digestive Peace of Mind, LLC, and the information gathered at www.katescalata.com and in this handout are not intended to provide medical advice or to diagnose or treat medical diseases. It is strictly for informational purposes. Before undertaking any course of treatment, seek the advice of your physician or health care provider, as the information provided does not replace their medical advice.
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Low FODMAP RECIPE

Low FODMAP Southern Fried Chicken



Ready in **20-40 minutes**

Serves **4**

Ingredients

For the Chicken:

- 2 tbsp gluten free flour, for dusting
- 1 tbsp herb and spice mix (see below)
- Salt and black pepper
- 2 eggs, beaten
- 2 tbsp lactose free milk
- 3 lb chicken
- Oil for frying

For the Coating:

- 3 tbsp corn flakes crumbled in food processor
- 2 tbsp gluten free flour

For the Herb and Spice Mix:

- ½ tsp ground cayenne pepper
- 1 tsp cumin
- ½ tsp mace
- 1 tsp nutmeg
- 1 tsp paprika
- 1 tsp black pepper
- 1 tsp ginger
- 2 tsp dried oregano
- 2 tsp dried sage
- 2 tsp dried thyme
- 1 tsp salt

Preparation

1. Heat Oven to 350 degrees.
2. Combine the gluten free flour for dusting with the spice mix and salt.
3. Combine eggs with lactose free milk.
4. Dust chicken pieces with gluten free flour/spice mix and then dip in egg wash.
5. Dip chicken in coating.
6. In a large frying pan, heat the oil and fry chicken until it is brown and has cooked for 10-1 minutes.
7. IF chicken pieces are large, remove from pan and place in oven for 20 minutes or until chicken is cooked through.
8. Serve warm and enjoy!

Tips

Serve with a fresh salad or steamed veggies for a balanced meal.

Recipe from IBS SANO

Low FODMAP RECIPE

Mini Banana Pancakes



Ready in **25 minutes**

Serves **2 (4 pancakes per serving)**

Ingredients

For the Pancakes:

- 2 small bananas
- 2 large eggs
- 2 tbsp gluten free all purpose flour
- 1 tbsp brown sugar
- ¼ tsp baking powder
- ⅛ tsp salt
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 3 tbsp dairy free butter spread

Toppings:

- Fresh or frozen blueberries
- 6 tbsp lactose free yogurt
- Sprinkle of confectioners sugar

Preparation

1. In a large bowl mash bananas until smooth, then whisk in eggs.
2. Add baking powder, salt, gluten free flour, cinnamon, nutmeg, and brown sugar. Mix until well combined.
3. Heat a large pan over medium heat or griddle to 350 degrees. Grease pan or griddle with dairy free spread.
4. Drop 3 tbsp of batter onto cooking surface for each pancake. Allow to cook until small bubbles start to form.
5. Flip and cook until golden brown on both sides.
6. Serve with dairy free yogurt, fresh berries, and confectioners sugar.

Tips

Bananas can also be processed in a blender or food processor with other ingredients.

Recipe from A Little Bit Yummy

Low FODMAP RECIPE

Mashed Potatoes with Gravy



Ready in **30 minutes**

Serves **4**

Ingredients

For the Potatoes:

- 2 lb potatoes washed and peeled
- 2 tbsp dairy free spread
- ½ cup lactose free milk
- ¼ tsp garlic infused oil
- ½ tsp salt

For the Gravy:

- 2 tbsp dairy free spread
- 1 ½ tbsp cornstarch
- 1 tsp chicken or vegetable bouillon
- 1 cup boiling water
- ½ cup lactose free milk
- 1 ½ tsp dried chives
- ¼ tsp black pepper
- ½ tsp worcestershire sauce

Preparation

1. Peel and dice potatoes. Place in large pot of water, cover, and bring to boil. Cook for 15-20 minutes or until tender.
2. Drain water and mash until smooth with lactose free milk, dairy free spread, garlic infused oil, and salt.
3. While potatoes are cooking, start the gravy. In a small saucepan, on medium heat, melt the dairy free spread.
4. Next, add cornstarch and mix until frothy (about a minute).
5. Whisk in boiling water, bouillon, lactose free milk, dried chives, black pepper, and worcestershire sauce.
6. Season with salt to taste.
7. Simmer until thick, stirring occasionally.
8. Serve mashed potatoes hot with homemade gravy and enjoy!

Tips

When purchasing low FODMAP ingredients, try to make sure they are low FODMAP-approved if possible. Also check that the cornstarch is made from corn and not wheat. In addition, if the bouillon hasn't been FODMAP approved, choose a product that doesn't include onion or garlic powder.

Recipe from A Little Bit Yummy

Low FODMAP RECIPE

Peanut Butter Cookies



Ready in **22 minutes**

Serves **24**

Ingredients

- 1 ½ cup peanut butter
- 2 large eggs
- ¾ cup white sugar

Preparation

1. Preheat the oven to 320 degrees.
2. Line cookie tray with parchment paper.
3. Heat peanut butter in microwave-safe bowl for 30 seconds until slightly warm.
4. In a large bowl combine warmed peanut butter, sugar, and eggs.
5. Drop tbsp of mixture on cookie tray.
6. Use the tines of a fork to press pattern in the top of the cookies.
7. Bake for 10 minutes or until golden.

Tips

Be sure to check the peanut butter doesn't have high FODMAP ingredients (honey, high fructose corn syrup, chicory root, agave syrup)

These cookies freeze well for future events!

Recipe from A Little Bit Yummy

Low FODMAP RECIPE

Pumpkin & Sage Cornbread



Ready in **35 minutes**

Serves **8**

Ingredients

- 1 ¼ cup cornmeal flour
- 1 cup gluten free all purpose flour
- 2 tsp baking soda
- 2 tbsp white sugar
- ½ tsp salt
- 1 ½ tsp dried sage
- ½ cup green onions (green tips only, finely chopped)
- 1 cup grated cheddar cheese
- 1 cup pumpkin puree
- 1 cup lactose free milk
- 2 tbsp dairy free spread

Preparation

1. Heat oven to 350 degrees.
2. Melt dairy free spread and grease 10 inch ovenproof skillet.
3. Mix cornmeal, gluten free flour, baking powder, baking soda, sugar, salt, and dried sage in a large bowl. Then add chopped green onions and grated cheese.
4. Add pumpkin puree and lactose free milk to dry ingredients and mix until well combined.
5. Spread batter evenly into skillet.
6. Bake for 30 to 35 minutes or until top is golden brown and toothpick inserted into the middle comes out clean.
7. Serve warm with a side of dairy free spread.

Tips

Can be served for breakfast with scrambled eggs or for dinner with a lean protein and vegetables.

Recipe from A Little Bit Yummy

Low FODMAP RECIPE

Chicken Alfredo Pasta Bake



Ready in **50 minutes**

Serves **4**

Ingredients

For the Chicken:

- 1 lb chicken breast fillets cut into chunks
- 1 tbsp olive oil

For the Alfredo Sauce:

- 4 tbsp dairy free spread
- ¼ cup gluten free all purpose flour
- 3 cups lactose free or low FODMAP milk
- ½ cup colby or cheddar cheese grated
- 2 tbsp parmesan cheese grated
- ½ tsp dried basil

Other:

- ½ lb gluten free pasta
- 4 cups baby spinach roughly chopped

- ½ cup green onions (green tips only, finely chopped)
- ½ cup colby or cheddar cheese grated
- 2 tbsp sage

Preparation

1. Heat oven to 350 degrees. Grease a large casserole dish.
2. Start a large pot of water to boil for pasta. Once boiling, cook pasta for 5 minutes. Then drain and toss with a little bit of olive oil to keep it from sticking together.
3. In a large frying pan over medium heat, add the olive oil and cook chicken until golden brown.
4. In a medium saucepan over medium heat, melt dairy free spread and then whisk in gluten free flour. Allow to cook for 1 minute or until frothy, stirring continuously. Then whisk in ½ cup of lactose free milk. Once smooth, whisk the rest of the milk 1 cup at a time. Season with salt and pepper. Add basil, parmesan, and half of the grated cheese. Allow to thicken while stirring occasionally.
5. Mix together pasta, cooked chicken, Alfredo sauce, spinach, and green onion tips. Transfer to casserole dish and top with remaining grated cheese.
6. Bake for 10 minutes uncovered and serve hot.

Tips

Serve with a veggie-packed salad for a balanced meal. Reheats great in the microwave for a quick lunch the rest of the week. Recipe from A Little Bit Yummy

Low FODMAP RECIPE

Peanut Butter Energy Bars



Ready in **1 hour and 10 minutes**

Serves **12**

Ingredients

- ½ cup peanut butter
- ½ cup maple syrup
- 1 cup rolled oats, lightly toasted
- ½ cup puffed brown rice
- ½ cup quinoa flakes
- ½ cup almonds, lightly toasted and chopped
- ¼ cup dried cranberries, chopped
- ½ cup dried banana chips, chopped
- 1 tbsp coconut flakes, lightly toasted
- 1 tbsp chia seeds
- 1 tbsp sunflower seeds

Preparation

1. Line an 8x8 pan with parchment paper.
2. In a small saucepan, melt peanut butter and maple syrup. Stir until well combined.
3. In a large bowl, combine all other ingredients. Pour peanut butter and maple syrup mixture over dry ingredients and mix until well combined.
4. Transfer mixture to tray and press down to make sure bars are packed together.
5. Refrigerate for 1 hour.
6. Remove from tray and slice into bars.
7. Store in an airtight container in fridge.

Tips

Make sure the peanut butter doesn't have any added sugar or salt!

These make a great and healthy quick snack!

Recipe from Monash University

Low FODMAP RECIPE

Bread and Butter Pudding



Ready in **1 hour 15 minutes**

Serves **8**

Ingredients

- 4 large eggs
- ¼ cup sugar
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 2 cups lactose free milk
- 1 ½ cups lactose free cream
- 10 slices gluten free bread with crusts removed
- 1 cup blueberries fresh or frozen
- 2 cups strawberries, hulled and sliced, fresh or frozen
- ¼ cup maple syrup

Preparation

1. Heat oven to 350 degrees.
2. Grease a 2 quart baking dish with canola or olive oil.
3. Arrange half of the bread slices on the base of the baking dish.
4. Whisk eggs, sugar, vanilla, cinnamon, milk, and cream in a bowl. Cover bread with half of the egg mixtures. Sprinkle with half of the berries.
5. Repeat with remaining bread, egg mixture, and berries.
6. Rest pudding at room temperature for ½ hour to ensure bread has soaked mixture.
7. Bake for 30-35 minutes.
8. Rest cooked pudding for 15 minutes before serving.
9. Can be served warm with lactose-free ice cream or cold!

Tips

Can also be made in individual ramekins!

Recipe from Monash University

Low FODMAP RECIPE

Pulled Pork and Coleslaw



Ready in **6 hours 30 minutes**

Serves **10**

Ingredients

For the Pork:

- 5 ½ lb pork shoulder
- 6 tbsp olive oil
- Sea salt & Black pepper
- 2 tsp paprika
- 2 fresh chillies, deseeded and finely chopped
- 3 tbsp red wine vinegar

For the Coleslaw:

- ½ cabbage
- ¼ red cabbage
- ½ pineapple
- 3 carrots
- Sea salt & Black pepper
- 2 tbsp mayonnaise
- Olive oil
- 4-5 tbsp red wine vinegar

Preparation

1. Heat oven to 425 degrees.
2. Drizzle olive oil over pork and season with salt, pepper, and paprika.
3. Place pork in a roasting tray and place in oven.
4. Immediately reduce temperature to 320 degrees. Cook for 4 hours, basting occasionally with juices in the tray.
5. After 4 hours, reduce temperature to 300 and cook for another 2 hours or until meat pulls apart easily.
6. Mix pulled pork with chilies, a little bit of olive oil, and red wine vinegar.
7. For the coleslaw, finely slice cabbage, carrots, and pineapple, or pulse in food processor. Season with salt and pepper. Add mayonnaise, a drizzle of olive oil, and red wine vinegar.
8. Serve together and enjoy!

Tips

Pulled pork can be served on gluten free buns or in cabbage leaves for a healthier option!

Recipe from Monash University

Low FODMAP RECIPE

Banana Bread



Ready in **1 hour**

Serves **12 (1 slice)**

Ingredients

- 2 ¼ cups gluten free all purpose flour
- 2 tbsp flax seed meal
- 1 ½ tsp baking soda
- ½ tsp salt
- ¾ cup vegetable oil
- ¾ cup light brown sugar
- ¾ sugar
- 3 large eggs
- 4 small, ripe bananas
- 1 ½ tsp vanilla extract
- 1 cup chopped pecan or walnut halves, optional

Preparation

1. Heat oven to 350 degrees.
2. Coat a loaf pan (9x5 inch) with nonstick cooking spray.
3. Whisk gluten free flour, flax meal, baking soda, and salt together in a large bowl, set aside.

4. Whisk oil, brown sugar, sugar in a medium-sized bowl until well blended. Add eggs one at a time, mixing well. Add mashed banana and vanilla extract.
5. Pour wet ingredients over dry ingredients and mix until combined.
6. Fold in nuts if desired.
7. Pour batter into prepared pan.
8. Bake for 40 to 50 minutes or until inserted toothpick comes out clean. The top should be golden and edges pulling away from sides of pan.
9. Cool in pan on a rack for 10 minutes before removing from pan and letting cool completely.
10. Serve best if completely cooled or let sit overnight.

Tips

Best stored in fridge.

Can also freeze for up to one month!

Recipe from FODY FOODS