

The Low FODMAP Diet

What are FODMAPs?

FODMAPs are short-chain carbohydrates that are indigestible or poorly absorbed by the gut. They can trigger abdominal pain, constipation, gas, bloating, diarrhea and urgency when they reach the colon and are fermented by gut bacteria.

F Fermentable
O Oligosaccharides
D Disaccharides
M Monosaccharides
A And
P Polyols

What is the low FODMAP diet?

The low FODMAP diet is a three-phased approach to identify food triggers for those with Irritable Bowel Syndrome (IBS). It is used to develop a personalized diet to control symptoms long-term.

1. Elimination

Phase one of the diet involves elimination of high FODMAP foods for 2-6 weeks. If symptoms improve move to the second phase; if they do not, add back FODMAP foods and trial other interventions.

2. Reintroduction

The second phase involves systematic reintroduction of high FODMAP foods to learn personal trigger foods and tolerated amounts.

3. Personalization

Long-term, the low FODMAP diet will be a personalized, well-balanced eating pattern that restricts only your individual triggers.

High FODMAP foods to limit while assessing symptoms

Fructan	GOS	Lactose	Fructose	Polyols
Artichoke	Almond	Buttermilk	Agave	Apple
Banana	Beans	Condensed Milk	Asparagus	Apricot
Brussels Sprouts	Beet	Cream	Cherry	Artificial Sweeteners
Chicory, Inulin	Butternut Squash	Cream Cheese	Figs	Avocado
Dried Fruit	Cashew	Cottage Cheese	Fruit Juices	Blackberry
Garlic	Chickpeas, Falafel	Custard	High Fructose Corn Syrup	Cauliflower
Grapefruit	Delicata Squash	Goat Milk	Honey	Celery
Honeydew	Lentils	Goat Cheese	Mango	Date
Onion	Peas	Ice Cream	Pear	Mushroom
Pomegranate	Pistachio	Kefir	Raisins	Nectarine
Scallion	Pumpkin	Milk	Soda	Peach
Shallot	Silken Tofu	Powdered Milk	Sugar Snap Peas	Plum
Wheat, Rye, Barley	Soy Milk (soy bean)	Ricotta	Tomato	Prune
Zucchini	Tomatillo	Yogurt		Watermelon

Benefits of Low FODMAP

- Relief of IBS symptoms, such as pain, bloating, gas, diarrhea and constipation
- Improved bowel regularity

Potential Risks

- Nutritional and energy deficiencies
- Food anxiety and social isolation
- Higher food costs
- Microbiome disruption

Simpler than the low FODMAP diet

While a low FODMAP diet helps manage IBS, the diet is complex, financially and socially burdensome and may have negative health and psychological consequences. It should be followed with a dietitian. **Digestive enzymes** targeting FODMAPs like FODZYME® can help control symptoms with less dietary restriction.

FODZYME® FODMAP-targeted enzymes provide digestive relief without dietary restriction

tasteless



New foods, unlocked with FODZYME®

FODZYME® is a **unique enzyme powder that breaks down FODMAPs**—troublesome fermentable carbs—right in your food, making meals more digestible. Unlike capsules or pills, which take time to dissolve, FODZYME® **works on fructans, GOS and lactose immediately upon contact**, ensuring faster and more effective breakdown before these FODMAPs reach your gut.

Effective Relief From Occasional FODMAP-Related Symptoms*

- Bloating and Gas
- Constipation
- Abdominal Discomfort
- Diarrhea



** FODZYME® significantly reduces fructan (a FODMAP) in wheat, barley and rye products, not gluten. Fructan is often the real trigger in individuals with non-celiac gluten sensitivity.

FODZYME® Home Kit

Sustainable jar. Ideal for home-cooked meals.



From **\$1.08** per dose

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* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.