LOW FODMAP DIET EDUCATION

LABEL READING

Tips for the Low FODMAP Diet

Reading food packages to identify FODMAP ingredients can be tricky. Here are a few tips to make the process easier.

1

The low FODMAP diet is not a gluten free diet.

FODMAPs are carbohydrates and gluten is a protein. A gluten free diet *eliminates* the protein in wheat, barley and rye, while a low FODMAP *minimizes* the carbohydrates in wheat, barley and rye—traces or small amounts of these ingredients may be allowed.

2

Ingredients are listed in descending order of predominance by weight on a food label.

FODMAP intake is portion driven. The FODMAP content of a food item is dependent on the serving that will be consumed. Small amounts of a FODMAP containing ingredient –as the last ingredient on a food label may be tolerated.

3

In the USA, the term natural flavor can denote onion and garlic in products that contain animal products, regulated by the United States Department of Agriculture (USDA).

The USDA's rules for labeling onion and garlic on a food label differs from plant based products regulated by the Food and Drug Administration (FDA). The FDA will call out onion and garlic on the ingredient label vs. using the term natural flavor for these ingredients.

Low FODMAP ingredients

FLAVORINGS, HERBS, SPICES AND CONDIMENTS: all spice, asafoetida, Asian fish sauce, basil, bay leaves, black pepper, butter, capers, cardamom, cayenne pepper, chili powder (without onion + garlic), citrus juice and zest, cloves, cumin, curry leaves, dill, fennel seeds, fish sauce, five spice, horseradish, lemon grass, mayonnaise (without high fructose corn syrup), mint, mint jelly, malt extract, miso paste, mustard (without honey, onion or garlic), nutritional yeast, oregano, oyster sauce, parsley, paprika, rosemary, saffron, sage, salt, soy sauce, star anise, tamari, tarragon, thyme, tomato paste, turmeric, vanilla beans and extract, vinegar, wasabi, Worcestershire sauce

SWEETENERS AND OTHER DERIVATIVES OF SUGAR: beet sugar, berry sugar, brown sugar, cane juice crystals, cane sugar, erythritol*, corn syrup, evaporated cane sugar, dehydrated sugar cane juice, dextrose, glucose, glycerol, golden syrup, granulated sugar, high maltose corn syrup, high maltose sugar, invert sugar, malt sugar, maltose, palm sugar, raw sugar, refined sugar, rice malt syrup, stevia, sucrose, sugar

LEAVENING AGENTS: baking powder, baking soda, baker's yeast, sourdough culture

FLOURS/GRAINS: almond meal <¼ c, arrowroot flour, buckwheat flour, corn flour, corn meal, corn starch, green banana flour, millet and millet flour, oat bran, oats, polenta, quinoa, quinoa flour or flakes, rice: brown, basmati, white, rice bran, rice flour and flakes, sorghum flour, tapioca starch, teff flour, wheat starch

THICKENERS: cornstarch, guar gum**, maltodextrin, modified food starch, pectin**, potato starch, soy lecithin, tapioca starch, xanthan gum**

NUTS AND SEEDS: chia seeds, flax seeds, hemp seeds, macadamia nuts, peanuts, pecans, pine nuts, pumpkin seeds/pepitas, poppy seeds, sesame seeds, sunflower seeds, tigernuts, walnuts, (small amounts of hazelnuts and almonds)

FATS: as a general rule, fats are low FODMAP such as butter, cocoa butter, vegetable oils (corn, soybean, etc)

PROTEIN: bacon, beef, chicken, eggs, firm tofu, fish, lamb, shellfish, whey protein isolate

OTHER: cocoa powder, semi-sweet or dark chocolate

MILKS: almond, hemp & macadamia milk, canned coconut milk, lactose free cow's milk

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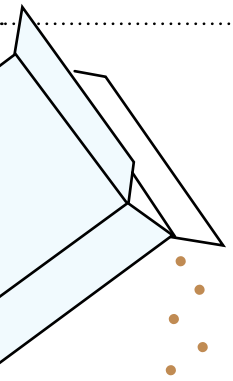
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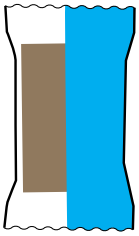
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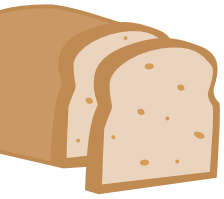


Label Reading Examples

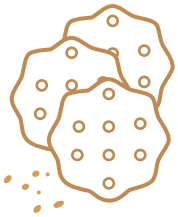
» **Breakfast cereal:** Rice flour, corn flour, apple juice concentrate, natural color *(Apple juice concentrate in this breakfast cereal would be a source of FODMAPs and this product would likely not be low FODMAP).*



» **Granola bar:** Whole oats, winter wheat, barley, triticale, evaporated cane juice, soy protein isolate, chicory root extract *(Wheat, barley, triticale and chicory root extract all contribute FODMAP ingredients; this is not low FODMAP).*



» **Gluten free bread:** Brown rice flour, corn flour, egg whites, sugar, yeast *(This product does not contain known high FODMAP ingredients and appears suitable for the low FODMAP diet).*



» **Gluten free cracker:** Brown rice flour, eggs, sesame seeds, potato starch, quinoa flour, safflower oil, garlic powder *(This product may be tolerated as most of the ingredients are low FODMAP with the exception of the garlic powder. High FODMAP ingredients in small amounts in a food may be tolerated, especially when listed as one of the last ingredients in a product).*

High FODMAP ingredients

SWEETENERS: agave syrup, crystalline fructose, fruit juice concentrate, fructose, fructose solids, high fructose corn syrup, honey, isomalt, lactitol, maltitol, mannitol, molasses, polydextrose, sorbitol, xylitol

FLOURS/GRAINS: almond meal >¼ cup, amaranth flour, barley and barley flour, bean flours, bulgur wheat, einkorn flour, emmer flour, freekeh, kamut, lupin flour, rye flour, soybean flour, spelt flour, wheat berries, wheat flour and derivatives (all-purpose, pastry flour, white wheat flour)

FIBER ADDITIVES: chicory root extract (inulin), FOS (fructo-oligosaccharides)

FLAVORING: garlic, natural flavor (in products regulated by USDA such as chicken or beef broth could denote onion/garlic), onion

MILK PRODUCTS: cow & goat's milk, whey protein concentrate (may contain lactose)

Erythritol* may contribute to the malabsorption of fructose. Limit intake with excess fructose foods. This sugar alcohol tends to be well-absorbed and does not need to be limited for most people on the low FODMAP diet.

Pectin, xanthan gum, and guar gum are not FODMAP ingredients but they are rapidly fermented by our gut microbes resulting in gas. Limit only to your personal tolerance.**

REFERENCES: Biesiekierski, JR et al. Quantification of fructans, galacto-oligosaccharides and other short-chain carbohydrates in processed grains and cereals. J Hum Nutr Diet 2011; 24:154-176. Muir J. et al. Fructan and Free Fructose Content of Common Australian Vegetables and Fruits. J Agric Food Chem 2007; 55:6619-6627. Muir J. et al. Measurement of Short-Chain Carbohydrates in Common Australian Vegetables and Fruits by High-Performance Liquid Chromatography (HPLC) J. Agric. Food Chem. 2009;57(2):554-565. Kim Y, Park SC, Wolf BW et al. Combination of erythritol and fructose increases gastrointestinal symptoms in healthy adults. Nutr Res 2011;31911):836-41. Tuck C, Ly C, Bogatyrev A et al. Fermentable short chain carbohydrates (FODMAP) content of common plant-based foods and processed foods suitable for vegetarian-and vegan-based food patterns. J Hum Nutr Diet. 2018. Varney J, Barrett J, Scarlata K et al FODMAPs: food composition, defining cutoff values and international application. J Gastroenterol Hepatol 2017: 32 Supp1:53-61. Yao, CK et al. Dietary sorbitol and mannitol: food content and distinct absorption patterns between healthy individuals and patients with irritable bowel syndrome J Human Nutr Diet Suppl. 2014;2:263-75.

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