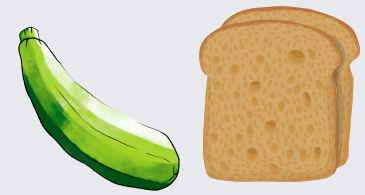
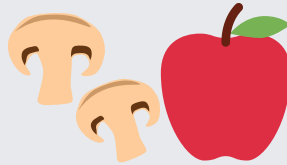
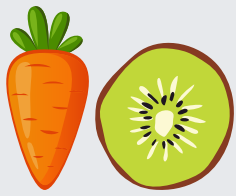


# High and Low FODMAP Foods



**Step 1: Low- FODMAP Diet**  
2-6 Weeks

**Step 2: FODMAP Reintroduction**  
8-12 Weeks

**Step 3: FODMAP Personalization**  
Diet unique to your needs

## HIGH FODMAP

<b>Fruits</b>	Apples & Apple Juice, Apricots, Cherries, Dried Fruit, Mango, Nectarines, Peaches, Pears, Plums, Watermelon
<b>Vegetables</b>	Artichokes, Asparagus, Brussels Sprouts, Cabbage, Cauliflower, Fennel, Garlic, Mushrooms, Onion, Sugar Snap Peas
<b>Dairy/Dairy Alternatives</b>	Cottage Cheese, Cow, Sheep, and Goat Milk, Custard, Ice Cream, Ricotta Cheese, Yogurt
<b>Protein Foods</b>	Legumes (Beans, Green Peas, Lentils), Processed Meats
<b>Grains and Cereals</b>	Biscuits, Breads made from Wheat/Rye/Barley, Couscous, Wheat Pasta
<b>Sweeteners</b>	High Fructose Corn Syrup, Honey, Mannitol, Sorbitol, Xylitol
<b>Nuts and Seeds</b>	Cashews, Pistachios

## LOW FODMAP

<b>Fruits</b>	Bananas, Blueberries, Cantaloupe, Grapefruit, Kiwi, Mandarins, Oranges, Passionfruit, Pineapple, Strawberries
<b>Vegetables</b>	Bean Shoots, Bell Pepper (green), Bok Choy, Carrots, Celery, Cucumber, Eggplant, Green Beans, Lettuce, Potatoes, Zucchini
<b>Dairy/Dairy Alternatives</b>	Almond Milk, Brie & Camembert Cheese, Feta Cheese, Hard Cheeses (Parmesan), Lactose-free Milk, Soy Milk* (made from soy protein)
<b>Protein Foods</b>	Eggs, Firm Tofu, Plain Meat/Poultry/Seafood, Tempeh
<b>Grains and Cereals</b>	Gluten-free Breads & Cereals, Oats, Quinoa/corn/rice Pasta, Rice Cakes (plain), Sourdough Spelt Bread
<b>Sweeteners</b>	Dark Chocolate, Maple Syrup, Rice Malt Syrup, Golden Syrup, Sucrose
<b>Nuts and Seeds</b>	Macadamia Nuts, Peanuts, Pumpkin Seeds, Walnuts

### SOURCES:

1. Monash University. Treating IBS with a 3-step FODMAP diet. Accessed via [https://www.monashfodmap.com/3\\_step\\_fodmap\\_diet/](https://www.monashfodmap.com/3_step_fodmap_diet/).
2. Galgano F, Mele MC, Tolve R, et al. Strategies for producing low-FODMAP foodstuffs: challenges and perspectives. Foods 2023 Feb; 12(4): 856. doi: [10.3390/foods12040856](https://doi.org/10.3390/foods12040856)



# How to use the IBS Food Symptom Journal

The purpose of the IBS food symptom journal is to keep track of the foods you eat and the IBS symptoms you experience in a given day. This will help you identify your unique food triggers as well as the foods you can tolerate and include in your diet.

## TIPS FOR DOCUMENTING:

- **Include All Food and Drink:** Be sure to write down everything you ate and drank that day, including any snacks and beverages consumed.
- **Keep Track of Time:** GI symptoms will usually occur within a certain amount of time after a triggering food is consumed. Logging the time of eating AND the time of symptoms can help you spot food triggers and symptom patterns.
- **Be as Detailed As Possible:** Include the preparation method for foods cooked at home, such as baked, steamed, or fried. You should also include the brand name of each food, because there can be some differences in ingredients between brands for the same food item. When eating at restaurants, include the restaurant name, the dish you ordered, and as much information as you know about the foods in that dish.

## SYMPTOM FOOD JOURNAL EXAMPLE

Date, Time	Food (All ingredients, portion sizes)	Symptoms (Type, Time Experienced)
April 1, 8:00 AM	<ul style="list-style-type: none"><li>• 3 Organic Valley large eggs scrambled in 2 tablespoons butter</li><li>• 1/4 cup sliced strawberries</li><li>• 2 slices Orowheat whole wheat toast</li></ul>	Gas, bloating, loose stools at 9:15 AM



