

The Low-FODMAP Diet

Phase III Guide

Personalizing the Low-FODMAP Diet

Attaining long-term success on a delicious, nutritious plan that's right for you

Phase 3 of the low-FODMAP focuses on learning the foods and portions you tolerate. Developing a liberalized diet that controls your symptoms is the goal.

Learning your trigger foods and how to avoid them is hard and can take time. FODMAPs are rarely labeled. Most restaurants are unfamiliar with the diet. FODMAP portion size and combinations matter a lot.

This can be a recipe for an overwhelming, frustrating process. **But we're here to help.**



FODMAP Stacking

FODMAP content of individual foods is important, but so is the total amount of FODMAPs in a meal or snack as a whole. FODMAP stacking occurs when foods in the same green or yellow FODMAP category are eaten together. This leads to higher intake of a single type of FODMAP than potentially tolerated. FODMAP stacking is often the culprit when flare-ups are still happening even on a low-FODMAP diet.

Not all foods contribute to FODMAP stacking. Some green foods become moderate or high FODMAP in larger portions, such as sweet potato, eggplant and cabbage. These are the foods to watch out for to avoid FODMAP stacking. However other foods, like carrot and strawberries, are green regardless of the portion size.

Tips to avoid FODMAP stacking:

- Pay **attention to the category** of FODMAP each food contains, even when eating green foods
- Consider your **personal tolerance** to FODMAPs and the categories that are most triggering for you
- **Space out meals** and snacks by 3-4 hours to allow food to move through the digestive tract
- Prevent additive effects of FODMAPs by eating a **variety of foods** at each meal
- Watch out for **mixed dishes**, like fruit salad and mixed nuts, which often contain multiple servings of low-FODMAP foods
- Enjoy **'free foods'** that have nothing but the green light at all portion sizes

FODMAP "Free" Foods

Arugula, bean sprouts, bell pepper, carrot, bok choy, cucumber, collard greens, kale, lettuce (butter, iceberg), radish, potato, scallion tops, spinach, Swiss chard, kabocha squash, rutabaga, water chestnut

Suggested Low-FODMAP Combos

Vegetables

- Zucchini, cabbage, red pepper
- Eggplant, snow pea, edamame
- Corn, sweet potato, zucchini, red pepper

Fruit

- Pineapple, kiwi, papaya
- Banana (firm), blueberry, strawberry
- Orange, kiwi, grapes

Build Your Own Combos

Combine green / low FODMAP serving sizes of one vegetable from each category:

Sorbitol	Mannitol	Fructans	Fructose	GOS
Eggplant	Fennel	Spinach	Broccoli	Beet
Bok Choy	Snow Pea	Edamame	Red Pepper	Red Cabbage
Green Cabbage	Sweet Potato	Green Pepper		Chayote
Green Bean		Yam		Tomatillo
Turnip		Zucchini		

Low-FODMAP Substitution Guide

High FODMAP Foods	Low FODMAP Alternatives
Onion, garlic, leek	Chives, ginger, garlic infused olive oil
Mushroom, cauliflower	Spaghetti squash, turnip, eggplant, oyster mushroom
Wheat, rye, barley	Oats, spelt, sourdough bread, quinoa, polenta, buckwheat, rice, millet
Kidney beans, split peas	Lentils, edamame, firm tofu (watch portion size)
Cashews, pistachios	Peanuts, pecans, walnuts, <10 almonds, popcorn
Apple, pear	Cantaloupe, honeydew, pineapple, kiwi, berries
Honey, agave	Maple syrup, stevia, aspartame, white or brown sugar
Cow milk, yogurt, soft cheese	Plant-based or lactose free dairy, hard cheeses, brie, camembert
Avocado	Tahini, hummus, babaganoush



Troubleshooting

While a low-FODMAP diet can play a big role in managing symptoms, it may not always provide complete relief. Other factors may contribute to symptoms.

IBS Triggers that aren't FODMAPs

Dietary and lifestyle factors that aren't FODMAPs can contribute to symptoms. Consider:

- **Stress** - Pay attention to your stress levels and seek coping strategies
- **Sleep** - A good night's rest promotes optimal digestion
- **Hormones** - Look for any connection between your menstrual cycle and symptoms
- **Eating Style** - Too much time between meals and eating quickly can impair digestion
- **Medications** - Constipation can be a side-effect of many medications
- **Non-FODMAP Foods** - Alcohol, spicy and high-fat foods can all cause gastrointestinal distress



How to Identify Triggers

FODMAPs cause symptoms once they reach the small and large intestine, where they aren't broken down and absorbed properly. Instead, FODMAPs pull water into the intestine and are fermented. This can cause symptoms anywhere from 4 to 24 hours after the FODMAP-containing food is eaten.

If you are experiencing symptoms immediately after eating or 1-2 hours after a meal, a few conditions to consider are:

- **Exaggerated Gastro-Colic Reflex** - a normal reflex that helps move through the digestive tract but can be exaggerated in those with IBS
- **Abnormal Gut Motility** - abnormally slow, fast, strong or frequent contractions in the small intestine
- **Visceral Hypersensitivity** - overly sensitive nerves in the intestines that send pain signals to the brain

FODMAPs in Medications and Supplements


Consider non-food sources of FODMAPs, such as vitamins, probiotics, medications and digestive enzymes. Many supplements are sweetened with sugar alcohols, like polyols. Gummies, chewables, gels and beverages are the most likely to contain hidden FODMAPs, but pills, capsules and extracts can also be culprits.

FODMAP-containing additives to avoid:

- Agave
- Chicory Root
- Fructose & High Fructose Corn Syrup (HFCS)
- Fructooligosaccharides
- Honey
- Inulin
- Isomalt
- Mannitol
- Maltitol
- Milk Solids or Powder
- Sorbitol
- Xylitol

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