



HOUSTON FAMILY NUTRITION

# Low FODMAP Diet

TO TREAT IRRITABLE BOWEL SYNDROME & OTHER GI ISSUES

## 1.) UNDERSTAND THE LOW-FODMAP DIET



FODMAPs are tiny carbohydrates found in many foods that can cause digestive problems and increase symptoms of IBS. During a low FODMAP diet you will at first eliminate foods that are high in FODMAPs for 4-6 weeks, and then reintroduce them slowly. The goal is to discover which and how much of these foods your body can comfortably tolerate.

## 2.) BREAKFAST

Many foods you enjoyed before may increase symptoms of IBS but that does not mean that you can't start your day out right. Choose from low FODMAP fruits like bananas, kiwis, strawberries, or blueberries to brighten up a bowl of oatmeal. Or blend fruits, nuts, and lactose free milk to make breakfast on the go. And of course eggs, a breakfast staple, are an excellent go-to for a low FODMAP breakfast.



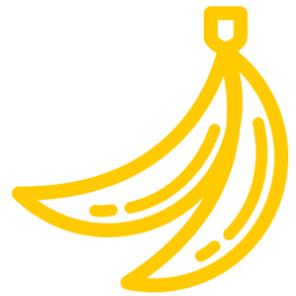
## 3.) LUNCH/DINNER



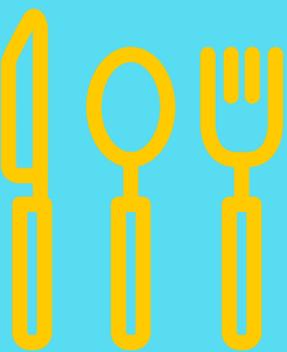
Most proteins are low-FODMAPs, but how they are prepared is important. Grill chicken or shrimp and toss with lettuce, cherry tomatoes and other low-FODMAP vegetables on a bed of brown rice, lemon juice and olive oil for a filling, balanced meal. Interchange the proteins, and low-FODMAP vegetables to add diversity to your meals.

## 4.) SNACKS

Snacks are important for in between meals. Some low FODMAP snack ideas include lactose-free yogurt, or a fruit or vegetable, like an orange or baby carrots. Slice up some bananas with peanut or almond butter for a sweet treat. A handful of almonds or pecans can fill you up and provide a good boost of energy as well.



## 5.) EATING OUT



While eating out can be a bit more difficult on a low FODMAP diet, it's not impossible. Don't be afraid to inquire about the ingredients of any menu item. Try to stay away from sauces, as most will contain high FODMAP ingredients. While the low FODMAP diet is not a gluten-free diet, it can be helpful to look for these items on the menu, as you can be sure they do not contain at least one common high FODMAP food.

A FODMAP Diet can be difficult in the beginning, but rest assured, it will get easier with time. Keep an eye on the goal and remember, the results will be worth it!



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