

10 Things you may not know about the Low FODMAP diet but you should!

- Gluten free does not necessarily mean FODMAP friendly. Look for FODMAP offenders such as honey, apples, pear juice, onion and garlic ingredients.
- The green part of spring onion (scallion), chives and asafetida powder (just a pinch) add onion flavor without the FODMAPs.
- Sauté onion and garlic in oil NOT water to add flavor and then discard onion/garlic pieces prior to eating. The fructans in garlic and onion are water-soluble so will leach out into the water-based cooking ingredients, but not OIL-based.
- Maple Syrup is low in FODMAPs and a drizzle will add a bit of sweetness when you need it!
- Commercial broths often contain FODMAPs—if it contains natural flavor—this could be onion and garlic! Make your own with chicken or beef, salt, pepper, water, carrots and celery leaves.
- Inulin (chicory root extract) is often added to yogurt, cereals, granola bars and is a fructan, a source of FODMAPs. Be sure to read ingredients!
- Fiber is important and many people that go low FODMAP reduce fiber intake. Add fiber with whole oats, oat bran, rice bran, chia seeds, pumpkin seeds, quinoa or maybe a kiwifruit!
- Medications can be a source of FODMAP ingredients. Read labels.
- FODMAPs are carbohydrates so oils {100% fat} are 100% FODMAP free. {Still don't go overboard as fat can be an IBS trigger!}
- The low FODMAP diet should be undertaken with the guide of a registered dietitian well versed in the diet guidelines. The diet is typically followed for 2-6 weeks and at that time the dietitian will advise you on how to reintroduce foods to identify your personal triggers.