

## Going Low FODMAP on a Vegan Diet

If you have been struggling with IBS for any period of time, you may be willing to try the low FODMAP diet to help with your symptoms. Since most of the vegan protein sources also contain FODMAPs, making sure you have enough protein and variety may seem daunting! Don't worry! This handout is here to help guide you along your way.

### How to start:

When planning your meals, start with the most challenging aspect of the meal, which for a vegan is protein. Protein is a vital nutrient, which we need to maintain the health of our muscles, organs, hair, nails and skin. However, being vegan eliminates the animal sources of protein and following the low FODMAP diet eliminates most legumes (beans). Most people who follow a vegan diet rely on the legume family to meet their protein needs. So, what will you do without them? Very good question! There are many delicious low FODMAP proteins for you and your sensitive vegan tummy. These options include:

- Tempeh (150 grams)
- Tofu (1 cup)
- Seitan\*
- Quinoa, cooked (1 cup)
- Macadamia nuts (20 nuts)
- Peanuts (32 nuts)
- Pecans (10 pecan halves)
- Pine nuts (1 tablespoon)
- Chia seeds (2 tablespoons)
- Pumpkin seeds (2 tablespoons)
- Sesame seeds (1 tablespoon)
- Sunflower seeds (2 teaspoons, hulled)
- Walnuts (10 nut halves)
- Almonds (10 nuts only)
- Hazelnuts (10 nuts only)
- Butter beans, canned (¼ cup serving only)
- Lentils, canned (½ cup serving only)
- Chickpeas, canned (¼ cup serving)
- Green lentils, boiled (¼ cup serving only)
- Red lentils, boiled (¼ cup serving only)
- Lima beans, boiled (¼ cup serving only)
- Dairy alternatives (such as Soy Milk: made from soy protein NOT from whole soy beans)

Portion sizes are listed for foods that contain moderate FODMAPs. Limiting to the serving size should keep your symptoms in check.

\* The FODMAP diet is NOT a gluten free diet but there is some overlap as both diets eliminate wheat, barley and rye.

Now that you know there are many different protein choices for you on the low FODMAP diet, we need to talk about how much protein is found in each option.

### Food: Amount of Protein:

1 cup tempeh.....	31 grams
¼ package tofu (a package is 14 ounces).....	7 grams
1/4 cup seitan.....	23 grams
1 cup quinoa, cooked.....	8 grams
½ cup lentils.....	9 grams
¼ cup chickpeas.....	5 grams
¼ cup peanuts.....	9 grams
2 tablespoons chopped pecans.....	2 grams
1 cup rice milk.....	0.67 grams

\*This information is obtained from USDA Nutrition Database

## **How Much Protein Should I be Eating Each Day?**

The amount of protein you should be eating each day is dependent on how much you weigh and the calories you need to maintain a healthy weight. For instance: if your calorie goal is 1800 calories a day, you should be eating 45 grams of protein. A registered dietitian can help you determine your personal calorie and protein goals. However, in general, eating some protein with each of your three main meals, is a good goal. The following is a one day example:

Breakfast- 2 slices of gluten free bread with 2 tablespoons of peanut butter; 12 grams of protein  
Lunch- salad with quinoa (2 ounces), lentils (2 ounces), and tofu (4 ounces); 16.7 grams of protein  
Dinner- tempeh (4 ounces); 22 grams of protein  
Total Protein: 50.7 grams

### **Don't forget to add some color!**

After you have finished planning your protein for the day, figuring out what vegetables and fruits to eat is going to be very simple. Make sure you stick to the FODMAP friendly choices; try to fill your plate with a serving of fruit and variety of vegetables. Remember, use only FODMAP friendly spices too. Examples of FODMAP friendly vegetables include: green beans, tomatoes, bell peppers, kale, spinach, zucchini, carrots, cucumbers, and eggplant. Examples of FODMAP friendly fruits are: bananas, blueberries, cantaloupe, dragon fruit, grapes, oranges, kiwi fruit, lemon juice, mandarin oranges, honeydew, strawberries, passion fruit, papaya, pineapple, raspberries, rhubarb, and coconut. It is important that you eat a variety of fruits and vegetables; each supplies you with a different set of vitamins and minerals.

### **Example Meals:** (see attached recipes)

#### Breakfast:

2 slices gluten free bread with 2 tablespoons peanut butter and a banana  
½ cup of Quinoa Porridge (recipe to follow) with 4 medium strawberries- sliced in the porridge  
Banana Quinoa Breakfast Bowl (recipe to follow)  
Scrambled Tempeh (or Tofu) with sliced red pepper, spinach, and cherry tomatoes. Enjoy with a piece of gluten free bread and a banana.

#### Lunch:

Basic marinade tempeh (recipe to follow) over salad (with romaine lettuce, tomatoes, peppers, carrots, and cucumber) and homemade dressing or balsamic vinegar and olive oil  
Baked Seitan BBQ Sandwich (recipe to follow) with carrot sticks  
Quinoa and lentils over romaine lettuce, tomatoes, carrots, bell peppers, and cucumber  
Vegan "Chicken" Salad Sandwich (recipe to follow) with 1 cup cantaloupe

#### Dinner:

Tempeh Burger (recipe to follow) with homemade baked fries  
Stuffed Red Bell Pepper (recipe to follow)  
Vegan Tofu Spinach Lasagna (made with quinoa or gluten free pasta-recipe to follow)  
Tofu Vindaloo (recipe to follow)

#### Snacks:

½ banana (or other low FODMAP fruit) with 1 tablespoon peanut butter and 1 tablespoon chocolate chips\*

Crackers (Back to Nature Crackers: Multi-Seed, Gluten free is a good brand) with 1-2 tablespoons homemade hummus (recipe to follow)

\*Use chocolate chips with less than 1 gram of fiber to keep FODMAPs low. CAUTION: Carob chips can't be used, they are high in FODMAPS.

## RECIPES

### **Breakfast:**

Quinoa Porridge (adapted from wellandgoodnyc.com)

Ingredients:

- 4 cups water
- 2 cups quinoa (soaked, drained, and rinsed)
- 2 pinch sea salt
- 1 cup strawberries, sliced
- 2 tablespoons maple syrup
- 2 tablespoons toasted coconut shavings

Directions:

In a 1-gallon pot, bring water and salt to boil. Add quinoa and cover the pot with a lid. Allow the quinoa to cook on low heat for 20 minutes.

Combine the cooked quinoa, strawberries, and maple syrup then fluff carefully with a fork.

Separate the quinoa mixture into four bowls and sprinkle with toasted coconut shavings. Additional options are: add 1 tablespoon of chia seeds (adds 5 grams of fiber) and/or add 2-3 tablespoons pepitas (hulled pumpkin seeds: for a boost of magnesium which can help reduce inflammation)

Quinoa Banana Breakfast Bowl (from taramilhem.com)

Ingredients:

- 1 teaspoon cinnamon
- 1/3 cup quinoa (soaked, drain and rinsed)
- 2/3 cup coconut milk, use light variety and 1/3 cup water
- 1 banana
- 1 tablespoon chocolate chips (Divvies: Semisweet Chocolate Chip is a good brand)
- Handful of pecans

Directions:

1. Bring the cinnamon, coconut milk, water, and quinoa to a boil, then let simmer.
2. Mash the banana and mix with chocolate chips in a bowl.
3. Once the quinoa looks done (should sprout a little tail) pour over the banana mixture and stir. Feel free to add some coconut milk if it looks a little dry.
4. Pour into a bowl, top with walnuts, and enjoy. Additional options are: add 1 tablespoon of chia seeds (add 5 grams of fiber) and/or add 2-3 tablespoons pepitas (hulled pumpkin seeds: for a boost of magnesium which can help reduce inflammation)

### **Lunch:**

Basic Marinade Tempeh (adapted from food.com)

Ingredients:

- 8 ounces tempeh, cut in ¼ inch strips
- 1 ½ tablespoons sesame oil

Marinade:

- ¼ cup soy sauce, 2 ½ cups water,
- 1 ½ teaspoons fresh ginger: grated,
- 1 tablespoon sesame oil

Directions:

1. Place the cut tempeh strips into the marinade for 20-45 minutes
  2. Drain the fluid that is left and sauté the tempeh in the sesame oil over medium heat until golden.
  3. Remove from heat, place on paper towel to remove any excess oil.
  4. Top your greens with the sautéed tempeh and drizzle with your favorite homemade dressing.
- \*\*Ideas for salad: arugula with tomatoes, bell peppers, carrots, cucumber, pepitas, grapes, and toss with homemade dressing.

Homemade Salad Dressing: (adapted from allrecipes.com)

Ingredients:

2 tablespoons fresh minced ginger root  
¾ cup olive oil (or 2 tablespoons sesame oil and 2 tablespoons peanut oil)  
1/3 cup rice vinegar  
½ cup soy sauce  
3 tablespoons maple syrup  
¼ cup water

Directions:

In a glass jar (pint sized or larger), combine ginger, olive oil, rice vinegar, soy sauce, maple syrup, and water. Cover the jar with a tight fitting lid and shake well. Store covered in the refrigerator.

Baked Seitan BBQ Sandwich (adapted from cookthink.com)

Ingredients:

1 ½ cup wheat gluten  
1 teaspoon salt  
2 tablespoons nutritional yeast (BRAGG Nutritional Yeast Seasoning is a good brand)  
1 teaspoon paprika  
1 cup water  
2 tablespoons olive oil  
1 teaspoon yellow mustard (check ingredients)  
1 tablespoon soy sauce

Directions:

1. Preheat the oven to 375 F. Mix the dry ingredients together until well-combined. Mix the wet ingredients together in a separate bowl.
  2. Add wet to dry and knead the dough for a few minutes. Let it rest for 3-5 minutes, then form the dough into a long. Roll the log up in aluminum foil, pinching the ends.
  3. Bake for 80-90 minutes. Remove and let cool.
  4. Cut slices off the log, place them on FODMAP friendly bread, and add a tablespoon of BBQ sauce (see recipe below).
- \*\*Don't like seitan?? Use tofu or tempeh instead.

Vegan BBQ Sauce: (adapted from vegkitchen.com)

Ingredients:

1 ½ cups tomato sauce (365 plain tomato sauce or Natures Promise Organic Tomato Sauce)  
4 tablespoons maple syrup  
1 tablespoon olive oil  
2 tablespoons soy sauce or tamari  
1 teaspoon paprika  
1 teaspoon chili powder (without onion or garlic, Spice Appeal makes one)  
1 teaspoon dried oregano or basil

Directions:

Combine all the ingredients in a mixing bowl and mix well. If time allows, cover and let stand an hour or so to allow the flavors to combine more fully. Don't worry if you need to use it right away, it will still be good.

### Vegan "Chicken" Salad:

#### Ingredients:

1 to 1 ½ cups prepared and chopped seitan (or tempeh)  
1-2 tablespoons homemade vegan mayonnaise (see recipe below)  
2-3 tablespoons shredded carrot  
2-3 tablespoons chopped common cabbage  
Splash apple cider vinegar  
2 teaspoons maple syrup

#### Directions:

1. Mix all ingredients together and allow mixture to marinate for about 25 minutes.
2. Place a portion of Vegan "Chicken" salad on your favorite FODMAP friendly bread or wrap

### Vegan Mayonnaise: (adapted from healthfulpursuit.com)

#### Ingredients:

½ cup lite coconut milk  
½ cup soft extra virgin coconut oil  
¼ cup raw pecan halves  
½ teaspoon sea salt  
¼ teaspoon ground turmeric  
2 tablespoons extra-virgin olive oil  
3 ½ tablespoons vinegar

#### Directions:

1. Blend milk, coconut oil, pecan halves, salt, and turmeric on high for 1-2 minutes until smooth and creamy.
2. While blender is still running, slowly drizzle in the olive oil and vinegar. Continue to blend for another minute until oil is nicely emulsified.
3. Pour into a medium-sized bowl and refrigerate for 2 hours before using as a replacement to mayonnaise in any recipe.

### Dinner:

#### Grilled Tempeh Veggie Burger (adapted from food.com)

#### Ingredients:

2 (8 ounce) packages tempeh  
¾ cup water  
3 tablespoons low sodium soy sauce  
2 tablespoons olive oil  
1 teaspoon grated peeled fresh ginger  
1 dash ground red pepper  
Cooking spray

#### Directions:

1. Split tempeh in half horizontally with a sharp knife; cut each piece in half crosswise. Place tempeh in a deep glass dish. Combine water and next 4 ingredients (water through red pepper) in a small saucepan; bring to a boil. Pour over tempeh; cover glass dish. Marinate in refrigerator 3 hours to overnight.
2. Prepare grill.
3. Remove tempeh from marinade, reserving marinade. Place tempeh on the grill rack, which was coated with cooking spray; grill the tempeh 2 minutes on each side or until it turns lightly brown, basting frequently with reserved marinade.

Stuffed Red Bell Pepper (adapted from Vegetarian Times)

5 Bell Peppers

Serves 5 (to keep to chickpea limit)

Quinoa mixture Ingredients:

1 cup uncooked quinoa

1 ½ cups water

1 can (14.5 oz) diced tomatoes

1 can (14.5 oz) chickpeas (drained and rinsed)

1 ½ cups kale

¼ cup Daiya cheese (has not been officially tested for FODMAPs but seems to be well tolerated)

Directions:

1. Combine quinoa with the next four ingredients in a sauce pan
2. Bring the mixture to a boil, and then simmer until the quinoa forms little spirals and the water is absorbed.
3. While the quinoa mixture is cooking, clean and deseed the four peppers and cut them in half.
4. Fill each pepper with the quinoa mixture then place the filled peppers in a sprayed baking dish.
5. Place the baking dish of peppers in the oven for 10-15 minutes at 350 degrees.
6. When there is two minutes left for the peppers to bake, sprinkle each pepper with some daiya cheese and place them back in the oven for the remaining cooking time.

Vegan Tofu Spinach Lasagna: (adapted from Allrecipes.com)

Ingredients:

2 tablespoons olive oil

4 (14.5 ounce) cans diced tomatoes (without onion or garlic: 365 Organic Diced Tomatoes Brand is good)

½ cup chopped fresh basil

½ cup chopped parsley

1 teaspoon salt

1 teaspoon ground black pepper

1 (16 ounce) quinoa or gluten free package lasagna noodles

2 pounds firm tofu (not SILK brand)

2 (10 ounce) packages of spinach (thawed and fluid squeezed out, can do this with paper towel over the sink)

Directions:

1. Bring a large pot of water to boil. Cook the lasagna noodles according to package directions, then drain and rinse well.
2. While the lasagna noodles are cooking, place the tofu block in a large bowl. Add basil, parsley, spinach, and tomatoes. Add salt and pepper (to taste), and mash all the ingredients together by squeezing pieces of tofu through your fingers. Mix well.
3. In a large, heavy saucepan, over medium heat, heat the olive oil. Place the tomato- tofu mixture in the sauce pan. Stir well, turn the heat to low and let the sauce simmer covered for 5 minutes.
4. Preheat the oven to 400 degrees F.
5. Assemble the lasagna: spread 1 cup of the tomato-tofu mixture in the bottom of a 9x13 inch casserole pan. Arrange a single layer of cooked lasagna noodles, next ladle 1 ½ cups the tomato-tofu mixture on top of the noodles. Continue alternating noodles, tomato-tofu mixture, noodles, tomato-tofu mixture until you no longer have any noodles left. Finally, top the noodles with the remaining tomato-tofu mixture.
6. Cover the pan with foil and bake the lasagna for 30 minutes. Serve hot and enjoy.
7. Additional Options: Daiya Shreds: Mozzarella Style found at Whole Foods maybe mixed into the tomato-tofu mixture.

Tofu Vindaloo (modified from Allrecipes.com)

Ingredients:

Serves 6 people to keep under chickpea limits

3 tablespoons olive oil  
2 inch piece fresh ginger root, peeled and minced  
½ head broccoli, cut into florets  
3 carrots, sliced  
3 tablespoons vindaloo curry powder (Spices Inc. Brand is good to use, can be bought on Amazon-tolerance may vary)  
6 tablespoons chunk tomatoes  
1 (15 ounce) can coconut milk  
1 cup homemade vegetable broth  
1 (15 ounce) can chickpeas, drained and rinsed  
1 pound extra-firm tofu, cut into 1-inch cubes (not SILK brand)  
Salt to taste

Directions:

1. Heat the olive oil in a large pot over medium-high heat. Stir in ginger, and cook until fragrant and beginning to brown, about 2 minutes. Stir in broccoli and carrots. Cook and stir until the vegetables have softened, about 5 minutes.
2. Stir in the vindaloo powder and chunk tomatoes. Stir in the coconut milk, vegetable broth, and chickpeas. Gently fold in the tofu and season to taste with salt. Bring to simmer, then reduce heat to medium-low, cover, and simmer until the vegetables are tender, about 15 minutes. Stir occasionally as the vindaloo cooks. Enjoy!

**Snacks:**

Hummus:

Ingredients:

1 can (14.5 ounces) chickpeas, drained and rinsed  
1 tablespoon olive oil  
¼ cup water  
1 tablespoons lemon juice (freshly squeezed)  
1 teaspoon cumin  
Salt, to taste

Directions:

In a food processor, blend all ingredients together until smooth and creamy. Serve with your favorite vegetables or crackers.

\*\*\* Remember in order to keep the FODMAPs low during this snack, keep the serving size to 1-2 tablespoons of your delicious homemade hummus.