

Low-FODMAP diet plan

A short-term plan to find your IBS triggers

FODMAPs are carbohydrates that some people digest poorly. This is a three-step plan, not a forever diet.



The 3 steps

1

Reduce

Swap high-FODMAP foods for low-FODMAP foods for 4 to 6 weeks.

2

Reintroduce

Add back one FODMAP group at a time, over about 3 days each, and note your symptoms.

3

Personalize

Eat as wide a variety as you can, limiting only the foods that trigger you.

Simple food swaps

High in FODMAPs



Wheat bread and pasta



Onion and garlic



Cow's milk



Beans and lentils



Apples, mango and honey



Mushrooms, avocado and cauliflower

Try instead



Rice and rice noodles



Chives, ginger and garlic-infused oil



Lactose-free milk or soy protein milk



Tofu, or peanuts in a small serving



Papaya in a small serving



Potato, spinach, cucumber, tomato and red bell pepper

A sample day in step 1



Breakfast:

Eggs with spinach and tomato



Lunch:

Rice bowl with tofu, cucumber and red bell pepper



Snack:

A small handful of peanuts



Dinner:

Plain grilled fish, potato and spinach, with garlic-infused oil and chives

Portion size matters. Some low-FODMAP foods become high in FODMAPs in large servings.

Before you start



Do this with a dietitian. Cutting foods can lower your fiber, calcium and other nutrients.



Make sure IBS has been diagnosed first.



Do not start if you have an eating disorder.



Ask us first if you have lost weight without trying, have diabetes or follow another restricted diet.

General information for adults, not a personal diet plan. Follow the advice your own care team gave you, and talk to them before making big changes.

Questions? Call (718) 615-0400.
Medical emergency? Call 911.

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Sources

- Review of the low-FODMAP diet in clinical practice, 2022
- Monash University, FODMAP and IBS
- American Gastroenterological Association, Clinical Practice Update on diet in IBS, 2022