

Updates on the Low FODMAP Diet

composition of foods

food intolerance management plan

As the research into the foods that are low FODMAP is ongoing, we will add our findings below as they become available. All information was correct at the time of submitting for publication (July 2010). Listed below are changes to food composition information from that which is printed in the “*Food Intolerance Management Plan*”.

Changes as at 30th May 2011

FRUCTANS

High Fructan Foods

Include barley, pistachios, white peaches, custard apple and nectarine (note, nectarine is mentioned as a suggested challenge food for polyols on page 45. Do not use this as it contains fructans. Use fresh or dried apricots instead)

Note1: asparagus, beetroot, Brussels sprouts, fennel and peas contain a lower amount of fructans per serve than the other vegetables listed in “High Fructan Foods”.

Note2: broccoli and snow peas contain a greater amount of fructans per serve than the other vegetables listed in “Low Fructan Foods” – it is recommended not to eat these in large amounts in one meal.

Low Fructan Foods

Remove barley, barley bran, white peaches and nectarine

GOS

No change

LACTOSE

No change

EXCESS FRUCTOSE

High Excess Fructose Foods

Include cherries

Low Excess Fructose Foods

Remove cherries

POLYOLS

High Polyol Foods

Include peaches

Note1: avocado contains a lower amount of polyols per serve than the other foods listed in "High Polyol Foods".

Note2: celery and sweet potato contain a greater amount of polyols per serve than the other foods listed in "Low Polyol Foods" – it is recommended not to eat these in large amounts in one meal.