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The Low FODMAP Approach to Diet

Fermentable

Oligosaccharides > Fructans Galactans

Disaccharides > Lactose

Monosaccharides > Fructose

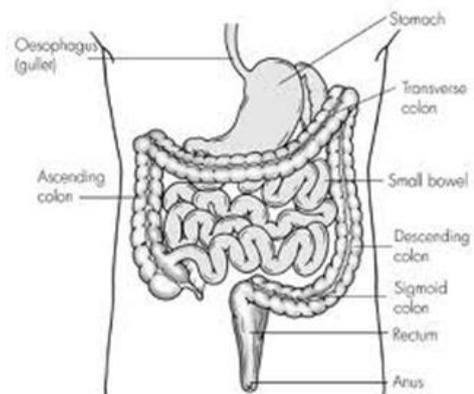
And

Polyols

Patients who may benefit from following a Low FODMAP Diet are:

- People that have abnormal GIT fructose/fructans/galactans handling and absorption.
- 30 % of Irritable Bowel Syndrome patients may benefit.
- 40 % of recovered Coeliac Disease patients may benefit.

There is no accurate test for this at this stage on the Sunshine Coast. There is a fructose breath test only. There is no breath test for fructans, galactans or polyols.



What can patients do?

Try a Low FODMAP Approach to Diet. The aim is to decrease dietary small chain fermentable carbohydrates and to decrease fermentation and bloating.

Initially, it is best to AVOID these foods for two months to see if you respond. All patients should at least avoid fructose and galactans. In the long term you may be able to just limit these foods. Some patients benefit from a clinical review and dietary discussion with Dr White for specific advice.

This is **NOT** a gluten free diet. Gluten is **NOT** the issue.



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Summary of FODMAP Food Sources

FRUCTOSE

AVOID these foods containing excess FRUCTOSE. Limit concentrated fruit sources, such as large serves of fruit at one sitting (Dried Fruit, Wine, Fruit Juice):

Apple Pear Mango Watermelon Clingstone Peaches Sugar snap peas Broad beans Nashi Pears Tamarillo Apple/Pear basic juices	Dried Fruits Tinned fruit – in natural juice Honey High fructose corn syrup Wine (sweet, rose, cider) Rum Cider vinegar/Molasses BBQ Sauce/Ketchup/Chutneys
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LIMIT these foods to the amount stated in the brackets ():

Asparagus (1) Cherries (2) Figs (2)	Artichoke (1/4 cup) Boysenberries (4)
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FRUCTANS

FRUITS: AVOID these: Watermelon Peaches (white) Nectarines Dates Persimmon Tamarillo	LIMIT these to the amounts shown in brackets (): Grapefruit (½) Pomegranate (½) Rambutan (2) Figs (2)
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FRUCTANS (Cont...)

<p>VEGETABLES: AVOID these: Onion family (white and brown) Spring onion (white part) Spanish shallots Leeks Garlic Onion and garlic salt/powders Squash</p>	<p>LIMIT these to the amounts shown in brackets (): Broccoli (up to 1/4 cup) Cabbage (up to 1/2 cup) Beetroot (up to 4 slices) Artichoke (up to 1/4 cup) Fennel (up to 1/2 cup) Green beans (up to 6) Asparagus (up to 2) Snow peas (up to 6) Sweet corn (up to 1/2 cob) Brussel sprouts (up to 1/2 cup)</p>
<p>BREADS/CEREALS: AVOID these: Wheat (in large amounts), eg: bread, pastas Couscous Rye bread (in large amounts) Muesli/Fruit bars</p> <p>LIMIT Crackers (up to 3) and Biscuits (up to 3)</p>	<p>Barley Chia seeds Wheat bran</p>

GALACTANS

<p>LEGUMES: AVOID these: Chick Peas / hummus Baked beans Savoy cabbage Soy beans/soy milk Split peas Haricot beans Okra Kidney beans Lima/Berlotti beans Custard Apples</p>	<p>LIMIT these to the amounts shown in brackets (): Lentils (up to 1/4 cup) Peas (up to 1/4 cup) Green Beans (up to 6)</p>
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GALACTANS (Cont...)

OTHER:

AVOID these:

Inulin (a fibre in some dairy products including probiotics)
Cashews
Pistachios
Tahini and Tzatziki
Whey powder

Dandelion tea

Ecco, Caro

Chicory

Soy Milk

LIMIT Almonds to < 10

LACTOSE

Avoid/Limit foods containing lactose ONLY if you are lactose intolerant. You can be tested for this by having an endoscopy with biopsies or a breath test.

AVOID these:

Cow's milk – regular and low fat

Ice Cream – regular and low fat

Yoghurt – regular and low fat

Custard

Cream – including sour cream

Condensed Milk

Processed cheese

Goats Milk / Sheep's Milk

Butter Milk

Mascarpone/Ricotta

Haloumi

A2 Milk

Most people can tolerate 1/3 cup milk per day for coffee/tea/cooking.

LIMIT Cottage Cheese (< 4 tablespoons)





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POLYOLS

<p>SORBITOL AVOID these:</p> <p>Apples Pears Apricots Broccoli Nectarines Clingstone Peaches Peaches/Plums Prunes Blackberries Pomegranate</p>	<p>LIMIT these to the amounts shown in brackets ():</p> <p>Avocado (½) Cherries (up to 2) Lychees (up to 4)</p>
<p>MANNITOL AVOID these:</p> <p>Mushrooms Cauliflower Watermelon Coconut Cream Isomalt/Xylitol Guava Any diet products (eg: mayonnaise, sauces)</p>	<p>LIMIT these to the amounts shown in brackets ():</p> <p>Snow peas (4) Celery (½ stalk) Sweet Potato (½ cup) Coconut Milk (½ cup)</p>

