# FODMAPs Fact Sheet

**FODMAPs** is an acronym for **f**ermentable **o**ligosaccharides, **d**isaccharides, **m**onosaccharides, **a**nd **p**olyols—short-chain carbohydrates fermented by gut bacteria.

## FODMAP Facts

- **FODMAPs** may not be well tolerated for individuals with certain conditions or diseases.
- **However,** individuals without these conditions most likely do not need to worry about avoiding FODMAPs.
- **Symptoms** experienced by those sensitive to FODMAPs may include gas, bloating, abdominal cramping or pain, belching, diarrhea, constipation, and malabsorption.
- **There** is no correlation that an appropriately planned plant-based diet causes GI issues or intolerance to FODMAPs.
- **Some** whole plant foods low in FODMAPs include grains like rice, quinoa, and oats; vegetables like potatoes, eggplant, tomatoes, zucchini, and cucumbers; and fruits such as oranges, grapes, pineapple, strawberries, and blueberries.

## High FODMAP Foods

If choosing to limit FODMAPs to improve a health condition, it's important to work with a medical doctor and/or registered dietitian nutritionist with expertise in a low-FODMAP approach to avoid prolonged restriction. Restriction of high-FODMAP foods may only temporarily alleviate symptoms while likely worsening long-term issues.

### Vegetables

- Onions
- Garlic
- Cabbage
- Broccoli
- Cauliflower
- Snow peas
- Asparagus
- Artichokes
- Scallions
- Mushrooms
- Pickled vegetables

© T. Colin Campbell Center for Nutrition Studies. All rights reserved. All other copyrights, trademarks, trade names, and logos are the sole property of their respective owners.

### Fruits

- Apples
- Apricots
- Avocado
- Bananas, ripe
- Blackberries
- Blackcurrants
- Cherries
- Currants
- Dates
- Figs
- Goji berries
- Guava, unripe
- Lychee
- Mango
- Nectarines
- Peaches
- Pears
- Plums
- Pomegranate
- Prunes
- Watermelon

### Grains

- Wheat
- Amaranth flour
- Barley
- Rye

### Legumes/Nuts

- Soybeans
- Black-eyed peas
- Kidney beans
- Split peas
- Cashews
- Pistachios

### Dairy

- Cow milk products
- Goat milk products
- Sheep milk products



© T. Colin Campbell Center for Nutrition Studies. All rights reserved. All other copyrights, trademarks, trade names, and logos are the sole property of their respective owners.