

The Low-FODMAP Diet





The Low-FODMAP Diet

Developed by Allina Health

© 2019 Allina Health System

The publisher believes that information in this manual was accurate at the time the manual was published. However, because of the rapidly changing state of scientific and medical knowledge, some of the facts and recommendations in the manual may be out-of-date by the time you read it. Your health care provider is the best source for current information and medical advice in your particular situation.

All rights reserved. No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, without permission in writing from the publisher.

Disclaimer

This publication is for general information only and is not intended to provide specific advice or recommendations for any individual. The information it contains cannot be used to diagnose medical conditions or prescribe treatment. The information provided is designed to support, not replace, the relationship that exists between a patient and his/her existing physician. For specific information about your health condition, please contact your health care provider.



Table of Contents

Introduction: FODMAPs

FODMAPs5
Chapter 1: The Low-FODMAP Diet
The Low-FODMAP Diet9
How to Get Started10
FODMAP Food Guide11
Eating Out19
Sample Meals and Snacks20
Chapter 2: Reintroduction
Reintroduction25
Guidelines25
Reintroduction Plan26
Sample Reintroduction Plan27
Reintroduction Food Guide28
Your Reintroduction Plan
Chapter 3: Tolerance
Tolerance43
Guidelines and Notes43
High-FODMAP Foods45



allinahealth.org

© 2019 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM. OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS THIS BOOKLET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE; IT IS ONLY A GUIDE.

nutr-ah-67515 (7/19)