

Low FODMAP Quick Reference Guide

Use this one-page reference when you want the big picture without opening a full article.

What low FODMAP is for

Low FODMAP is a short-term strategy used most often for IBS-type bloating, pain, gas, and bowel changes when fermentable carbohydrates seem to be part of the problem.

The 3 phases

1. Elimination

- short trial
- lower symptom noise
- find out whether FODMAPs matter

2. Reintroduction

- test one group at a time
- learn your real triggers
- avoid staying unnecessarily restrictive

3. Personalization

- keep tolerated foods in
 - limit only clear triggers
 - aim for more food freedom
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Common lower-FODMAP defaults

- eggs
 - rice
 - oats
 - potatoes
 - firm tofu
 - spinach
 - cucumber
 - carrots
 - kiwi
 - grapes
 - lactose-free dairy
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Common higher-FODMAP triggers

- onion
- garlic
- wheat-heavy products
- milk if lactose-sensitive
- beans and lentils in larger amounts
- honey

- apples and pears
 - sugar alcohols such as sorbitol and mannitol
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Quick reminder

Do not stay in elimination forever. The long-term goal is a more personalized diet, not a permanently tiny food list.

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