



A HEALTHY GUT WITH A LOW-FODMAP DIET

A Comprehensive Gut Check-Up



For a
healthy gut



FODMAP stands for **fermentable oligosaccharides, disaccharides, monosaccharides and polyols**. This refers to **certain short-chain carbohydrates and sugars**, that are only partially absorbed in the small intestine. In many people with irritable bowel syndrome, these types of sugars can cause discomfort because they reach the large intestine undigested. There, they are fermented by intestinal bacteria, which can cause **flatulence, bloating, abdominal pain or changes in stool**.

Important to know: **FODMAPs are not 'bad' or unhealthy** – they are found in many fruits, vegetables and dairy products. A low-FODMAP diet simply helps you to **identify which foods your gut tolerates well** and which should be temporarily reduced.



Important note

The low-FODMAP diet should not be followed without the guidance of a nutritionist, as it lacks important sources of nutrients and can lead to malnutrition. In principle, this change in diet should be discussed with your GP or a nutritionist/dietician. A micronutrient concentrate can be used as a supplement.



An Overview: How the Low-FODMAP Diet Works

Phase 1

Providing relief: allowing the gut to rest

During this phase, certain foods (see list below) are significantly reduced for a short period of time. This gives your gut a chance to calm down and reduces irritability of the intestinal wall.

Many people experience less flatulence, abdominal pain or more regular bowel movements after just a few weeks.

This phase lasts **4–6 weeks**. Why? The gut does not react immediately. The gut flora, mucous membrane and nerves need time to calm down. If you test again straight away, you could draw the wrong conclusions.

Phase 2

Testing & Understanding: Recognising your individual triggers

Now it is a matter of gradually reintroducing the individual FODMAP groups, one type at a time. This will allow you to identify exactly which foods or types of sugar cause symptoms.

Important: Not every reaction means that you have to completely eliminate the food from your diet. Pay attention to the severity, timing and quantity. This will help you find out what and how much your gut can really tolerate.

The phase is the key to tailoring your diet to your gut.

Phase 3

Find your individual balance & regain diversity

Now it's time to use the knowledge gained in the previous phases and put together your own personalised, well-tolerated diet. Foods that your gut tolerates well are incorporated regularly, while problem foods are reduced.

This phase is not a diet, but rather a **new balance** between enjoyment, variety and intestinal tolerance.

Important to know

The low-FODMAP diet is not a permanent solution. Restricting your diet too much over a long period of time can affect the diversity of your gut flora. That is why it is always important to return to a balanced but individually tailored diet in the end.

Phase 1: Eliminate FODMAP-Rich Foods from Your Diet

Eliminate FODMAP-rich foods from your diet for 4–6 weeks to relieve the strain on your gut.

FODMAP list: Which foods should I avoid if I have irritable bowel syndrome, and which ones can I eat?

Food	Recommended	Avoid (as it is high in FODMAPs)
Bread, cereals, and side dishes such as pasta, potatoes and rice	Finely ground bread (preferably made from rice or corn flour); finely ground muesli and cereal products made from oats, buckwheat, millet, quinoa, psyllium, potatoes, polenta, rice, rice noodles, pure buckwheat noodles, corn noodles	'Normal' bread, very fresh bread, coarse wholemeal products, baked goods and cereal products containing soya, barley, rye, spelt or wheat; wheat-based muesli, fruit muesli; durum wheat pasta, couscous, bulgur, fried foods such as chips and croquettes
Sweetener	In moderation, depending on individual tolerance: maple syrup, brown cane sugar, glucose (grape sugar), molasses, rice syrup, (beet) sugar, beet pulp, stevia, sugar (beet) syrup; aspartame and other artificial sweeteners without the ending -it or -ol	Agave syrup, fruit juice concentrate, fructose, glucose-fructose syrup, honey, high-fructose corn syrup, isoglucose, invert sugar syrup, corn syrup, artificial sweeteners such as sorbitol
Spreads, snacks	Jam or sorbet made from suitable fruit, spreads made from suitable seeds/vegetables; popcorn, rice/corn waffles and crackers, dark chocolate (70% cocoa or higher)	Ice cream, milk chocolate, cashews, pistachios; be careful with pastries (unsuitable flours and sweeteners), other confectionery and crisps
Fruits	Pineapple, banana, clementine, Galia melon, kiwi, mandarin, rhubarb, pomelo; in moderation, depending on individual tolerance: strawberries, grapefruit, raspberries, honeydew melon, lime, lemon, orange, papaya, passion fruit, grapes	Apples, apricots, pears, blackberries, currants, cherries, lychees, mangoes, nectarines, peaches, plums, watermelons, damsons; sweetened fruit preserves and fruit purées; dried fruit
Vegetables	Chinese cabbage, cucumber, ginger, kohlrabi, pumpkin, Swiss chard, carrots, parsnips, radishes, lettuce, spinach, sprouts (alfalfa, bamboo, cress, soy); parsley, chives; in moderation, depending on individual tolerance: aubergine, broccoli, fennel, green beans, okra, peppers, Brussels sprouts, olives, rutabaga, tomatoes, courgettes	Artichokes, white beans, chicory, peas, spring onions, chickpeas, garlic, many types of cabbage (cauliflower, kale, red cabbage, pointed cabbage, white cabbage, savoy cabbage), lentils, corn, mushrooms, leeks, beetroot, soybeans, asparagus, sugar snap peas, onions

Nuts and seeds (max. 1 small handful per day)	Depending on individual tolerance: hazelnuts, macadamia nuts, almonds, walnuts; pumpkin seeds, sunflower seeds, sesame seeds	Cashew nuts, pistachios, coconut (fresh); salted nuts
Fats and oils	In moderation, depending on individual tolerance: olive oil, rapeseed oil, linseed oil and other vegetable oils, butter, ghee, lard, garlic oil (as a substitute for onions and garlic)	
Eggs, dairy products*, cheese	Eggs, soy milk, coconut milk, low-fat, unsweetened lactose-free milk and dairy products such as buttermilk, yoghurt, quark, cottage cheese and cream cheese; semi-hard cheese with up to 45% fat in dry matter, feta; hard cheese such as Parmesan, mature Gouda	Hard-boiled eggs, fatty egg dishes; milk and dairy products rich in lactose, such as buttermilk, yoghurt, quark, cream cheese, cottage cheese, mascarpone, cream, semi-hard cheese > 45% fat in dry matter, pudding, fruit yoghurt/quark, sweetened rice pudding
Delicatessen and convenience products*	Vinegar, fish sauce, mild mustard, soy sauce, tofu, tempeh	Ketchup, seasonings containing garlic and onion powder; hot spices such as chilli, curry, cayenne pepper, hot paprika; be careful with ready-made chutneys, sauces, soups and high-fat dressings
Meat and sausages	Lean meat or lean sausage made from chicken, turkey, lamb, beef, pork or game	Sausage with onions or garlic, fatty meat, fatty sausage, breaded and fried meat
Fish and seafood	All types of fish, seafood	Fish dishes or fish salads with mayonnaise or cream, breaded or fried fish
Beverages	Still water, unsweetened hot drinks such as peppermint tea and (if brewed for a short time) other herbal teas (except: see right), black tea and chai tea; sugar-free cocoa with lactose-free milk or water; in moderation (max. 3 cups per day): black coffee (freshly ground and filtered)	Chicory root; fruit juice, soft drinks, alcohol; suitable in moderation depending on individual tolerance: beer, dry wine (max. 1 glass per day)

*Pay attention to types of sugar/fillers and avoid the following: agave syrup, fruit juice concentrate, fructose, glucose-fructose syrup, honey, high-fructose corn syrup, isoglucose, invert sugar syrup, corn syrup, artificial sweeteners such as sorbitol (E420), xylitol (E967), mannitol (E421), maltitol (E965), isomalt

Phase 2: Strategic Reintroduction of FODMAPs

Once the **elimination phase** is complete, the **reintroduction phase** follows with the aim of finding out **which FODMAPs you tolerate well** and **which cause symptoms**. Reintroduction is the key to enabling a **varied, individual diet** in the long term.

Only one group per week

Only plan **one new FODMAP group at a time** so that you can clearly see the effect.
Example groups:

- **Fructose** (e.g. apples, honey)
- **Lactose** (milk, yoghurt)
- **Sorbitol & other sugar alcohols** (sugar-free sweets, chewing gum)
- **Oligosaccharides** (onions, garlic, wheat products)

First, introduce **one group per week** to clearly see the effect.

Start with **FODMAPs, that you miss or eat frequently**, such as lactose or certain fruits.

Keep a diary

Keep a **bowel and food diary**, in which you note down:

- **Food consumed**
- **Quantity/Servings**
- **Time of day**
- **Combinations** (e.g. apple after a meal vs. on an empty stomach)
- **Symptoms that may occur** (Type, intensity, timing)

Only test small quantities

Start with a **small portion** of the new food and monitor the gut for **at least 2–48 hours** before increasing the amount.

Typical procedure:

- **Day 1:** small test portion (e.g. ½ apple)
- **Day 2:** no new FODMAPs – just observation
- **Day 3:** medium portion (e.g. 1 apple)

If this portion is also well tolerated, you can test a new food the next day. If any **symptoms occur**, make a note of them and reduce the amount again or test at a different time of day or in a different combination (e.g. apple with nut butter).

Evaluate

- **No complaints** → food can be permanently included in the diet in moderate amounts.
- **Mild symptoms** → test the food again in small quantities, possibly only eating it occasionally.
- **Severe symptoms** → avoid for the time being, then test again carefully later.

This gradually creates an **individual food chart** that shows **what is tolerated and what is better to reduce**.

The entire reintroduction process usually takes **6–8 weeks**, sometimes longer, depending on the number of groups tested.

Phase 3: Finding your Individual Balance

Once you have systematically tested all FODMAP groups, the next step is to put together, **a long-term diet that your digestive system can tolerate**.

Food chart

Your food diary will now help you categorise certain FODMAP groups and foods. Create your **personal food chart**:

- **Green** = Foods that were tolerated without any problems.
- **Yellow** = Foods that have caused minor discomfort.
- **Red** = Foods that have caused severe discomfort.

Foods that you have tolerated well should be **incorporated regularly** – this keeps the **gut flora diverse and stable**. Problematic FODMAPs can be tried again **in small amounts or in combination with other foods** to see if tolerance has improved.

This phase creates **security and routine in everyday life**, allowing you to eat freely and without discomfort again. Even after completing this phase, it is worth continuing to monitor new foods or seasonal products in order to maintain your individual intestinal balance.