

## THE SIMPLIFIED LOW-FODMAP DIET

The Simplified Low-FODMAP diet (as its name suggests), is a simplified version of the Low-FODMAP Diet. Unlike the Low-FODMAP diet, which eliminates all foods containing FODMAPs, on the Simplified Low-FODMAP diet, you minimize your overall FODMAP intake by avoiding only key foods that are high in FODMAPs which (according to research) are most likely to be triggers for the majority of people.

The Simplified Low-FODMAP diet provides symptom relief by reducing the cumulative burden caused by high-FODMAP foods.

### FOODS TO AVOID ON THE SIMPLIFIED LOW-FODMAP DIET

#### VEGETABLES

##### OLIGOSACCHARIDES

ONION

GARLIC

##### POLYOLS

ARTICHOKE

MUSHROOMS

CAULIFLOWER

#### NUTS & SEEDS

##### FRUCTOSE/GLUCOSE

CASHEWS

PISTACHIOS

#### FRUITS

##### FRUCTOSE/GLUCOSE

APPLES

PEARS

MANGOES

DRIED FRUIT

DATES

##### POLYOLS

PEACHES

NECTARINES

PLUMS

WATERMELON

MOST STONE FRUITS

#### GRAINS

##### OLIGOSACCHARIDES

WHEAT

RYE

BARLEY

#### DAIRY

##### OLIGOSACCHARIDES

COW'S MILK

YOGHURT

CREAM / CUSTARD

ICE CREAM