



London Pain Clinic

FODMAP INFORMATION

FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) are a group of carbohydrates that are poorly absorbed in the small intestine and can cause digestive symptoms in some individuals.

Here are some examples of foods to be avoided on a low FODMAP diet:

Fructans

Fructans are a type of carbohydrate known as oligosaccharides. They consist of chains of fructose molecules linked together by bonds that cannot be broken down by human enzymes. Wheat and rye products (bread, pasta, cereals)

Fructans are naturally found in various foods, including:

- **Wheat and rye products:** Fructans are present in wheat-based products like bread, pasta, cereals, and baked goods. Rye also contains fructans.
- **Onions and garlic:** Both onions and garlic contain high levels of fructans. These ingredients are commonly used in cooking and as flavourings in many dishes.
- **Inulin:** Inulin is a type of fructan commonly used as a food additive to enhance texture and increase fibre content in certain processed foods. It can be found in some yogurts, protein bars, and other packaged foods.
- **Certain fruits:** Some fruits contain fructans, although the levels may vary. Examples include watermelon, cherries, nectarines, and persimmons.
- **Certain vegetables:** Fructans can be found in vegetables like artichokes, asparagus, leeks, and onions. These vegetables are often used in cooking and as ingredients in various dishes.

Lactose

Lactose is a natural sugar found in milk and dairy products. It is a disaccharide composed of two sugar molecules, glucose and galactose, linked together.

Lactose can be found in various dairy products, including:

- **Milk:** Cow's milk is the most well-known source of lactose, but lactose can also be present in milk from other animals, such as goats or sheep.
- **Yogurt:** Yogurt contains lactose, although some yogurts may have lower lactose levels due to the fermentation process.
- **Cheese:** Most aged cheeses have lower lactose content because lactose is broken down during the cheese-making process. However, certain fresh cheeses may still contain significant amounts of lactose.
- **Ice cream:** Traditional ice cream typically contains lactose, but there are also lactose-free or dairy-free alternatives available.
- **Butter and cream:** While butter contains very small amounts of lactose, cream can have varying levels of lactose depending on its processing.

Fructose

Fructose is a naturally occurring monosaccharide, or simple sugar, found in many fruits, vegetables, and sweeteners. It is one of the building blocks of carbohydrates and is commonly referred to as "fruit sugar" due to its high presence in fruits.

Fructose can be found in various forms:

- **Naturally occurring fructose:** It is present in fruits, including apples, pears, mangoes, cherries, and grapes. The fructose content in fruits can vary, but it is typically accompanied by other beneficial nutrients like fibre, vitamins, and antioxidants.
- **High-fructose corn syrup (HFCS):** HFCS is a sweetener made from corn starch that undergoes processing to convert glucose into fructose. It is commonly used as a sweetener in processed foods and beverages, including sodas, baked goods, and sweetened juices.
- **Honey and agave syrup:** Honey and agave syrup contain varying levels of fructose. These natural sweeteners are used in cooking, baking, and as additions to beverages.
- **Fructose in certain vegetables:** Some vegetables contain fructose, although in smaller amounts compared to fruits. Examples include sugar snap peas, asparagus, and onions.

Polyols:

Polyols, also known as sugar alcohols, are a group of carbohydrates that have a chemical structure similar to both sugars and alcohols. They occur naturally in certain fruits and vegetables but can also be produced commercially and used as sugar substitutes in various processed foods.

Some common examples of polyols include:

- Sorbitol: Sorbitol occurs naturally in certain fruits, such as apples, pears, and peaches. It is also used as a sweetener in sugar-free gum, candies, and some processed foods.
- Mannitol: Mannitol is naturally present in various fruits, including watermelon, mushrooms, and cauliflower. It is used as a sweetener and food additive in some sugar-free products.
- Xylitol: Xylitol occurs naturally in small amounts in fruits and vegetables. It is often used as a sweetener in sugar-free gum, mints, and oral care products.
- Maltitol: Maltitol is commonly used as a sugar substitute in sugar-free candies, chocolates, and baked goods.