



Low Fodmap Recipe Swaps

Denise Barratt Registered Dietitian Nutritionist

Traditional Ingredient	Substitution	Notes
Onions/garlic	Chives, scallions, or garlic infused olive oil.	Onions & garlic have a fodmap group called fructans which may increase gut sensitivity for some people with IBS.
Dairy Products	Lactose-free dairy or a low fodmap plant-milk such as almond milk. Use hard cheeses instead of soft like ricotta, cream cheese, or cottage cheese unless use lactose-free.	Lactose is a fodmap and too much can lead to GI symptoms for people who have IBS. Some people without IBS may also have issues with lactose. In addition to lactose free dairy. Taking a lactase enzyme can be helpful.
Wheat, rye and barley products	Substitute appropriate gluten-free for wheat products. (use caution because some gluten free has fodmaps). Sourdough products are appropriate.	Although wheat, rye and barley have gluten and must be avoided for people who have celiac, it is the fructans in these foods that lead to gastric distress for people who have IBS.
Honey, agave, high fructose corn syrup & sugar alcohols like sorbitol and mannitol	Use maple syrup, sugar or low fodmap artificial sweetener.	Fructose and polyols may lead to GI symptoms for people who have IBS and are intolerant to these groups. Caution should be used with erythritol because it may have high fodmap ingredients added to it and there is a risk of stroke when using .
Beans	Using a digestive enzyme to breakdown GOS and eating small servings can be helpful. Small amounts of canned, drained lentils and chickpeas may work. Tofu and tempeh are often easier to digest.	Beans are high in GOS which is a fodmap trigger.

Try these food substitutions to keep your gut healthy and cooking more enjoyable!

VineRipeNutrition.com