

# Low FODMAPs Diet



## Normal Daily Food Needs By Age

Age	1-3 yrs	4-5 yrs	6-11 yrs	12-15 yrs	16-19 yrs
<b>Calories</b>	1,000-1,400	1,200-1,600	1,600-2,000	1,800-2,200	1,800-2,200
<b>Fruits</b> (FODMAP approved)	1 – 1½ cups	1 – 1½ cups	1½ cups	1 ½ cups	1 ½ cups
<b>Vegetables</b> (FODMAP approved)	1 – 1½ cups	1½ - 2 cups	2 – 2½ cups	2-2 ½ cups	2-2 ½ cups
<b>Wheat Free Grains</b>	3-5 oz	4-5 oz	5-6 oz	6-8 oz	6-8 oz
<b>Meats, Eggs, Nuts and Seeds</b>	2-4 oz	3-5 oz	4-6 oz	5-7 oz	5-7 oz
<b>Milk (lactose-free)</b>	2 cups	2-3 cups	3-4 cups	4 cups	4 cups
<b>Oils and Fats</b>	3-4 tsp	4-5 tsp	5-6 tsp	6-7 tsp	6-7 tsp

## Purpose of this Diet

The purpose of the low FODMAPs diet is to treat someone who has a negative health outcome in response to foods containing excess **Fermentable Oligo-Di-Monosaccharides and Polyols (FODMAPs)**. FODMAPs are starches and sugars that undergo fermentation during digestion.

People who are sensitive to FODMAPS have symptoms that may include gas, bloating, diarrhea, constipation and/or heartburn when they eat too many of FODMAP-rich foods.

An example of a diagnosis that might need a low FODMAP diet is IBS. Please consult your pediatrician or dietitian to confirm that this diet is appropriate for your child.

## Foods/Ingredients to Avoid

- ✧ Fructose (agave, fruits, honey, high fructose corn syrup (HFCS))
- ✧ Lactose (regular milk, yogurt, ice cream, some cheeses)
- ✧ Fructans (wheat, garlic, onion, inulin, broccoli)
- ✧ Galactans (legumes such as beans, lentils, soybeans, some soy products)
- ✧ Polyols (sugar free candy, sugar free gum, certain fruits and vegetables, and sweeteners such as isomalt, mannitol sorbitol, and xylitol)

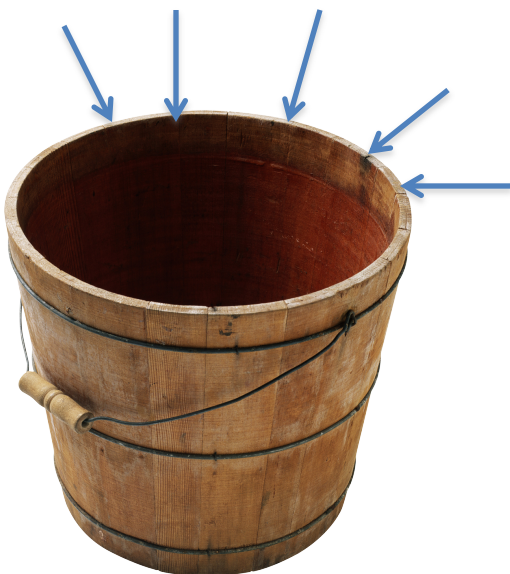


# Kids Nutrition



## Kiwi Kids Tips for following the Low FODMAP Diet

1. Before starting, keep a detailed food and symptom log with dates, amount of food eaten, and timing of any GI symptoms.
2. Make sure to eat enough fiber since this diet can be low in fiber.
3. Gluten free grains are appropriate for use in this diet as they do not have unallowed ingredients, but keep in mind the low FODMAPS diet allows some products that contain traces of gluten (ex: soy sauce contains traces of gluten but is ok on a low FODMAP diet).
4. Incorporate plenty of low FODMAP vegetables in the diet such as red bell peppers, carrots, cucumbers, kale and zucchini.
5. Incorporate a moderate amount of lower FODMAP fruits in the diet such as bananas, cantaloupe, grapes, kiwi, oranges, and strawberries.
6. Always offer a protein rich food with every meal.



*Think of your stomach like a bucket...*

*The more FODMAPs you eat, the fuller the bucket gets. If you reach your limit, digestion won't be able to keep up. The FODMAPs will overflow, feeding the bacteria in your gut, and leading to increased symptoms of gas, bloating, diarrhea, heartburn, or constipation.*

*Everyone has a different limit. Yours may be lower than someone else's. You might tolerate certain things better than other people. This diet will help you sort that out.*

