# FODMAP Diet Cheat Sheet for Restaurant Professionals

## WHAT ARE FODMAPs?

FODMAPs are a group of fermentable carbohydrates that may trigger digestive symptoms in some people, especially those with IBS.

FODMAP =

- Fermentable

- Oligosaccharides (e.g., fructans in garlic, onion; GOS in legumes)

- Disaccharides (e.g., lactose in milk, soft cheese)

- Monosaccharides (e.g., excess fructose in apples, honey)

- And

- Polyols (e.g., sorbitol in stone fruits, mannitol in cauliflower)

## COMMON HIGH FODMAP INGREDIENTS TO WATCH FOR

| Category | Examples to Limit or Avoid |
|---|---|
| Fruits | Apple, pear, mango, watermelon |
| Vegetables | Onion, garlic, asparagus, cauliflower |
| Grains | Wheat, rye, barley (in large amounts) |
| Legumes | Lentils, chickpeas, kidney beans |
| Dairy | Milk, yogurt, soft cheese (lactose) |
| Sweeteners | Honey, high-fructose corn syrup, xylitol |

## LOW FODMAP FRIENDLY OPTIONS

| Category | Safer Choices |
|---|---|
| Fruits | Banana (firm), grapes, strawberries |
| Vegetables | Carrot, cucumber, zucchini, eggplant |
| Grains | Rice, oats, quinoa, gluten-free bread |
| Proteins | Plain meat, poultry, fish, eggs |
| Dairy | Lactose-free milk, hard cheeses |
| Sweeteners | Maple syrup, table sugar, stevia |

## QUICK TIPS FOR RESTAURANTS

- Offer garlic/onion-free options (use garlic-infused oil instead)

- Use gluten-free grains and pasta as substitutes

# FODMAP Diet Cheat Sheet for Restaurant Professionals

- Provide lactose-free dairy alternatives

- Keep ingredient lists transparent for sensitive customers

Note: FODMAP is not the same as gluten-free or allergy-based diets. It's about fermentable sugars, not protein allergens.

Educated staff = Happier customers!

# FODMAP Diet: Cheat Sheet for Restaurant Staff

## LOW FODMAP
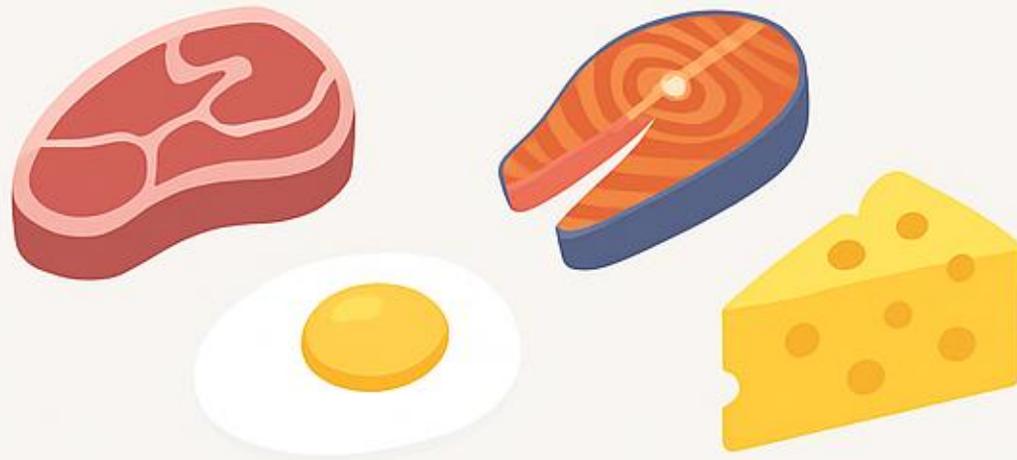
- ✓ Meat & poultry
- ✓ Fish & seafood
- ✓ Eggs
- ✓ Lactose-free dairy

## HIGH FODMAP
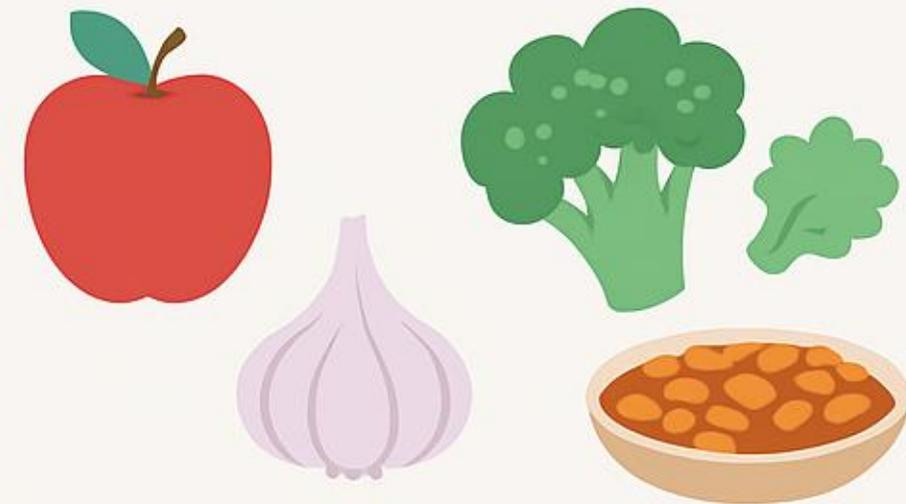
- ✗ Certain fruits
- ✗ Certain vegetables
- ✗ Legumes
- ✗ Wheat, rye, barley