



What are FODMAPS?

Fermentable Oligosaccharides, Disaccharides,
Monosaccharides and Polyols

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About FODMAP Everyday®

The FODMAP Everyday® brand is the only internationally focused, free web-based resource that offers recipes, articles, educational tools and up-to-date scientific information backed by a Success Team of professional recipe developers and registered dietitians. Our aim is to not only take the pain out of following the low FODMAP diet, but to help users thrive.



Visit us at FODMAPeveryday.com

About The Author

Erica Ilton is a Registered Dietitian Nutritionist and Licensed Dietitian Nutritionist with a private practice in New York City. She received a B.A. from Brown University and studied nutrition at Teacher's College, Columbia University and Hunter College. She is trained in the low FODMAP diet by Monash University.

Erica specializes in gastrointestinal disorders including Irritable Bowel Syndrome (IBS), Celiac disease, lactose intolerance, and much more. In addition,, Erica has expertise in food allergies, metabolic syndrome, polycystic ovary syndrome (PCOS), osteoporosis, and weight management.

FODMAP is an acronym for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols.

This might sound complicated, but it really isn't!

Monash University Defines FODMAPs as:
"FODMAPs (Fermentable Oligosaccharides, Disaccharides, Mono saccharides and Polyols) are a group of dietary sugars that are indigestible or poorly absorbed by the gastrointestinal tract. FODMAPs exert an osmotic effect in the bowel, resulting in increased movement of water through the small intestine. Slowly absorbed and indigestible FODMAPs are fermented by gut bacteria to produce gas, a process which can distend the bowel and in people with IBS, contribute to symptoms of bloating, abdominal pain and altered bowel motility. **A low FODMAP diet should only be commenced under the supervision of a healthcare professional.**"

Simply put, **FODMAPs are a group of carbohydrates that are indigestible or poorly absorbed by certain people.** As they travel through the gastrointestinal tract, they draw excess fluid into the small intestine and generate gas when they are fermented by bacteria in the large intestine (colon).

What Are FODMAPs?

This fluid and gas build-up can lead to symptoms of irritable bowel syndrome (IBS) such as abdominal bloating and distension, pain, flatulence and nausea, as well as diarrhea, constipation or both. While IBS is considered a *functional* gastrointestinal disorder, which in part means that it's not life-threatening, we do not want to understate the amount of pain and discomfort involved.

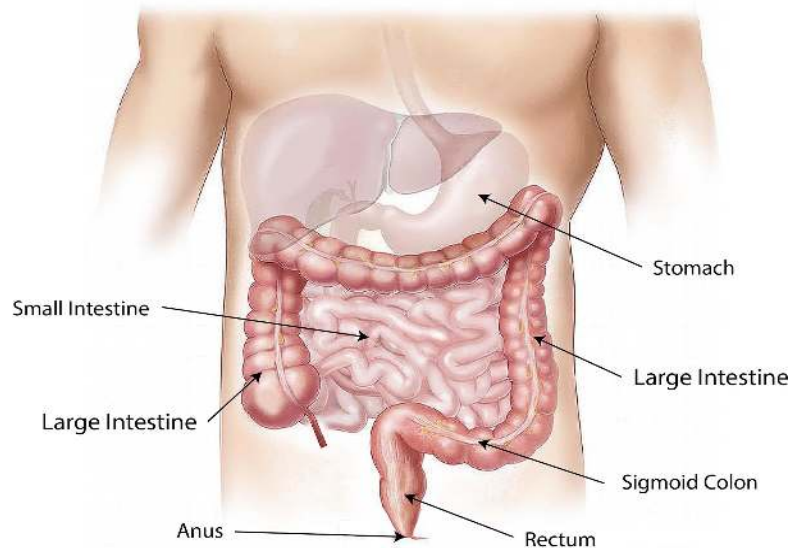
Fermentable
Oligosaccharides
Disaccharides
Monosaccharides
And
Polyols



If you are living with IBS you know all too well that the symptoms can keep you from living a full life. At times, you may not even be able to pull on a pair of pants due to excruciating pain or leave the house for fear of a sudden “accident.”

A diet low in FODMAPs has been shown to relieve symptoms in up to 75% of those with IBS, but how do you know which foods to eat and which to steer clear of?

Let's take it one at a time, with a *small sampling* of high FODMAP foods, which are common triggers for those who poorly absorb them:



Fermentable

This refers to the process (fermentation) by which **bacteria break down organic compounds** and use them for growth and reproduction. Poorly digested carbohydrates like the FODMAPs below are the perfect fuel for this bacterial feast!

Oligosaccharides

This term encompasses fructans and galacto-oligosaccharides. Common foods that are high in these FODMAPs are **wheat, onions, garlic, beans and cashews.**

Disaccharides

This refers to the double sugar, lactose, which is found in **dairy products such as milk, ice cream, custard, puddings and certain types of cheese.**

Monosaccharides

This references the "simple sugar," fructose. Fructose is a problem when it is present in greater amounts than glucose in foods such as **apples, mangoes, pears, asparagus, agave and honey.**

Polyols

Most commonly known as "sugar alcohols," these compound are neither sugar *nor* alcohol. They do taste sweet, but they won't get you drunk!

What Are FODMAPs?

Polyols occur naturally in many fruits and vegetables, and they're also commercially produced and added to packaged foods and other items. **Two that occur naturally in food – sorbitol and mannitol – are found in apples, blackberries, peaches and coconut water, to name a few.** Commercially manufactured polyols such as xylitol, maltitol, isomalt are found in sugar-free gum, candy and other processed foods, as well as some dietary supplements and medications.

While there are many more high FODMAP foods to be aware of, the part we really want to stress is that there are vastly MORE foods that are low FODMAP and that you CAN eat!

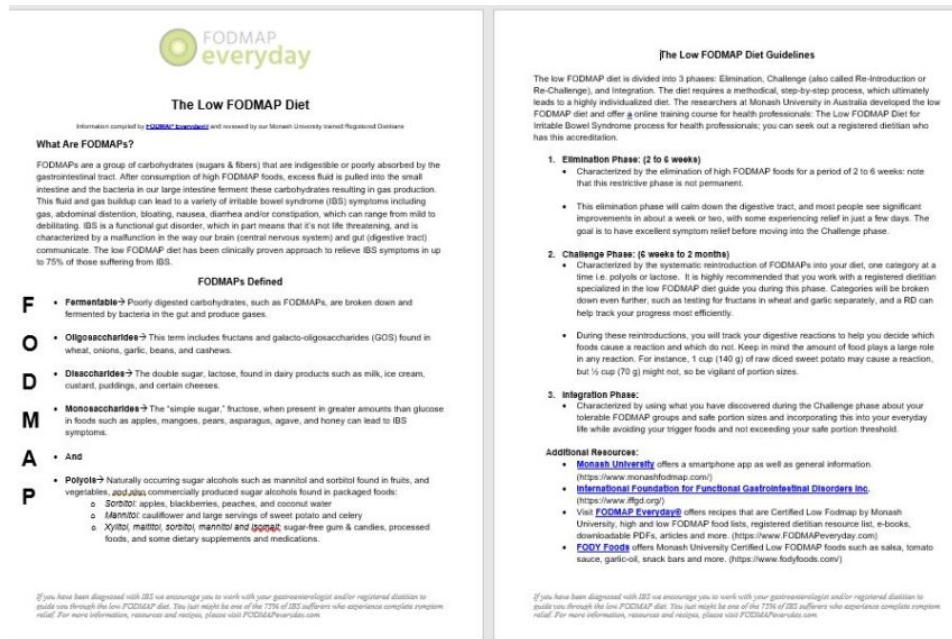
Unfortunately, you won't see the terms fructan or disaccharide on a food label, so what can you do?

Read about [The Low FODMAP Diet](#) and learn how **FODMAP Everyday** can help you eat well and stay symptom-free. You can also download the [Monash University Low FODMAP Diet App](#), which will give you access to a regularly updated list of foods and their FODMAP content. You can also download our [FODMAP Everyday Low FODMAP Reference List](#) on our [Resource page](#).

What Are FODMAPs?

Would you like a simple 2 page handout that you can share with your friends, family or clients? Or just to print out and have for yourself?

[Download Here](#)



And you can download a list of high and low FODMAP foods for free here.

[Download For Free!](#)



Let's Talk About the "O" in FODMAP

All about... Oligosaccharides



The "O" in FODMAP stands for oligosaccharides (sometimes referred to as "Oligos") — a category that comprises both fructans and galacto-oligosaccharides (GOS). This is a large and diverse category, populated with items from most of the major food groups.

The Chemistry of the “O” in FODMAP

Oligosaccharides, for our purposes, are molecules that typically contain 3 to 10 linked monosaccharide units, or “simple sugars.” In the case of fructans these monosaccharides are fructose, and in the case of GOS they are galactose.

All about...

Fermentable
Oligosaccharides
Disaccharides
Monosaccharides
And
Polyols

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Oligosaccharides consisting of up to 60 monosaccharide units are often referred to as polysaccharides, and according to Dr. Emma Halmos and Dr. Peter Gibson of Monash University, these longer chain molecules, such as inulin, behave like FODMAPs in their ability to be fermented and to induce gut symptoms.

Symptoms of Oligo Excess

Oligosaccharides are not absorbed by humans *whether they have irritable bowel syndrome (IBS) or not* because we lack the enzymes needed to break the bonds between the chains that make up these molecules. This is why eating beans, which are high in Oligos, often results in flatulence.

Instead of being absorbed and used as fuel, oligosaccharides travel through the small intestine to the large intestine where they are fermented by bacteria.

This is an entirely normal process, but for those with IBS, the gas that accumulates as a by-product of bacterial fermentation pushes on the walls of the large intestine, causing pain, abdominal bloating, flatulence, and altered motility (diarrhea and/or constipation). These symptoms can be mild and intermittent or severe and persistent enough to have a significant negative impact on a person's quality of life.

Oligosaccharide Content of Foods

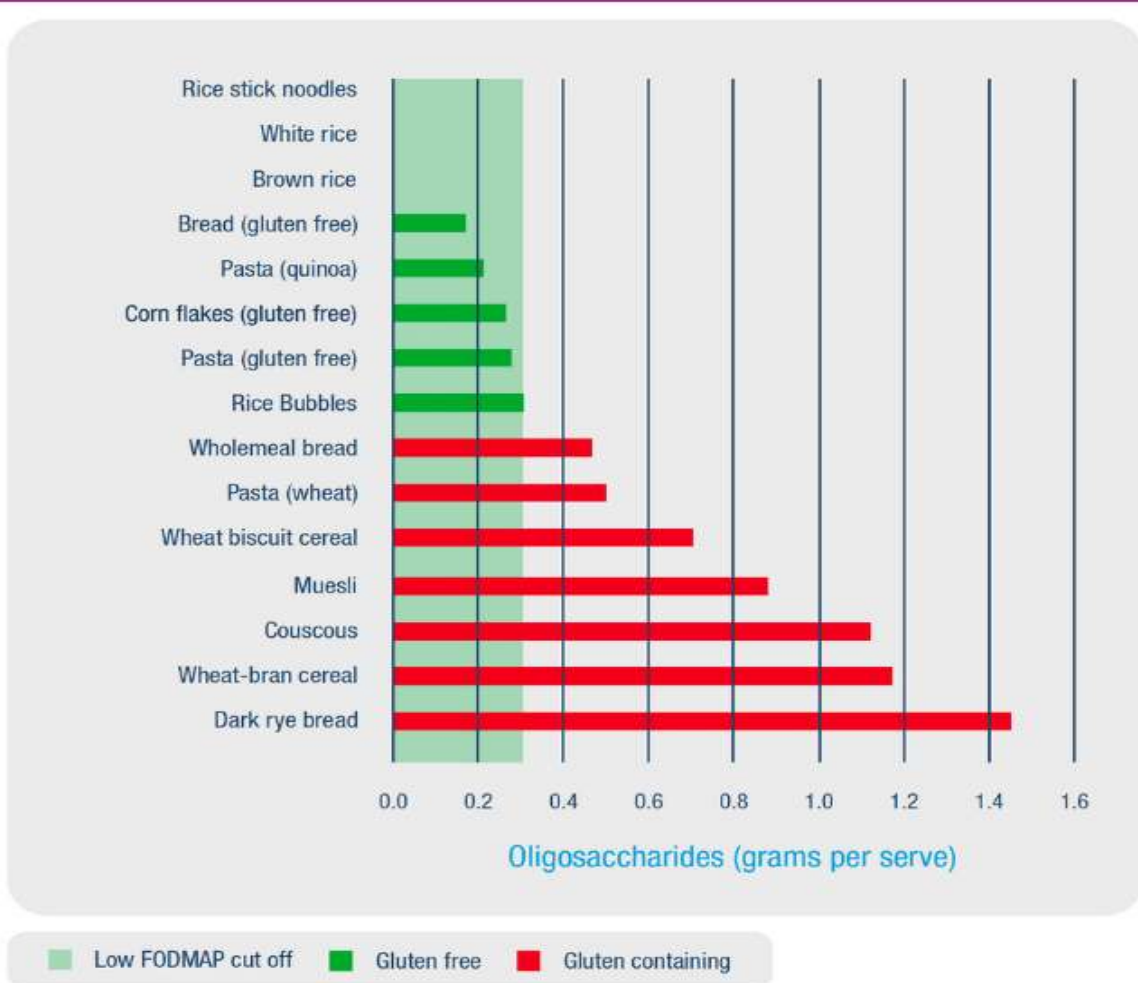


Figure 2: Oligosaccharide content of gluten containing and gluten free grain and cereal foods

Graph courtesy of Monash University

Food Sources of Oligosaccharides

Oligosaccharides can be found in a wide array of food, but they are most heavily concentrated in breads, cereals, pasta, and legumes. In fact, if you scroll through the [Monash University FODMAP Diet app](#), you will find that nearly every item in those categories contains fructans, GOS, or both.

Nuts and vegetables are also well represented in this group, but the head-scratcher for most people is fruit, which we tend to associate with the sweeter (“M” and “P”) FODMAP categories.



Common Oligosaccharide Foods

Breads & Cereals

Barley
Spelt Flour & Kernals
White Bread
Wheat Germ
Wheat Pasta

Vegetables

Brussels Sprouts
Garlic
Onion
Leek
Globe Artichoke

Legumes

Adzuki Beans
Barlotti Beans
Black Beans
Kidney Beans
Lima Beans
Navy Beans
Soybeans

Nuts

Almonds
Cashews
Pistachios

Fruit

Ripe Banana
Currants
Dates
Grapefruit
Raspberries

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Oligosaccharides Are Water-Soluble

An important thing to understand about oligosaccharides is that they are water-soluble. This means that they will leach out into soup and other liquids even if the oligos food source (like garlic or onion) is removed.

Luckily, there are some workarounds for this, as you will see from our FODMAP Everyday® articles and recipes. Be sure to read [Not All Low FODMAP Garlic-Infused Oil is Created Equal](#), and also check out our recipes for [Low FODMAP Garlic-Infused Oil](#) and [Low FODMAP Onion-Infused Oil](#).

Oligosaccharides are not oil-soluble, which is what allows us to [pack these oils with onion and garlic flavor](#).

Health Benefits of Oligos

Fructans and GOS can act as prebiotics – compounds in food that stimulate the growth and activity of beneficial gut bacteria, in particular, bifidobacteria and lactobacilli.

Prebiotics have been shown to:

- Alleviate infectious and antibiotic-associated diarrhea
- Help protect against colon cancer
- Increase the bioavailability and uptake of calcium and magnesium
- Promote satiety and weight loss

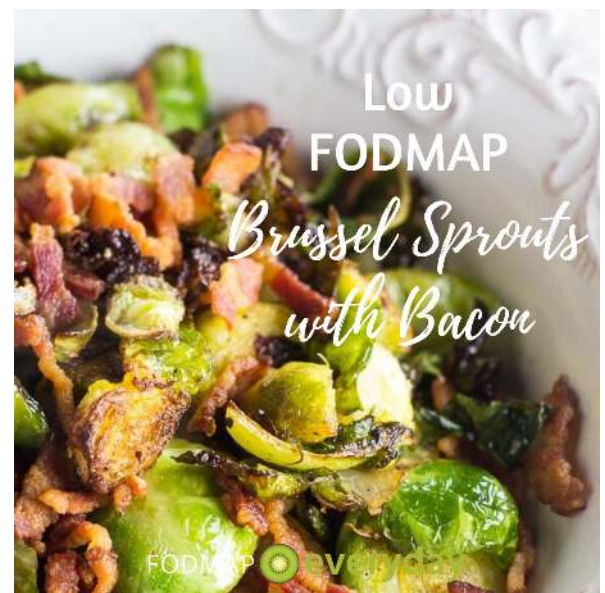
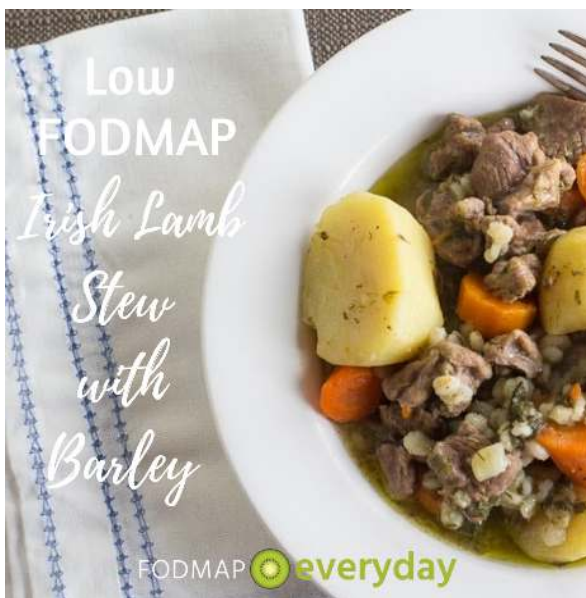
Bottom Line

It's important to remember that many high FODMAP foods – especially those in the “O” category – are extremely healthy and should not be eliminated entirely in the long run.

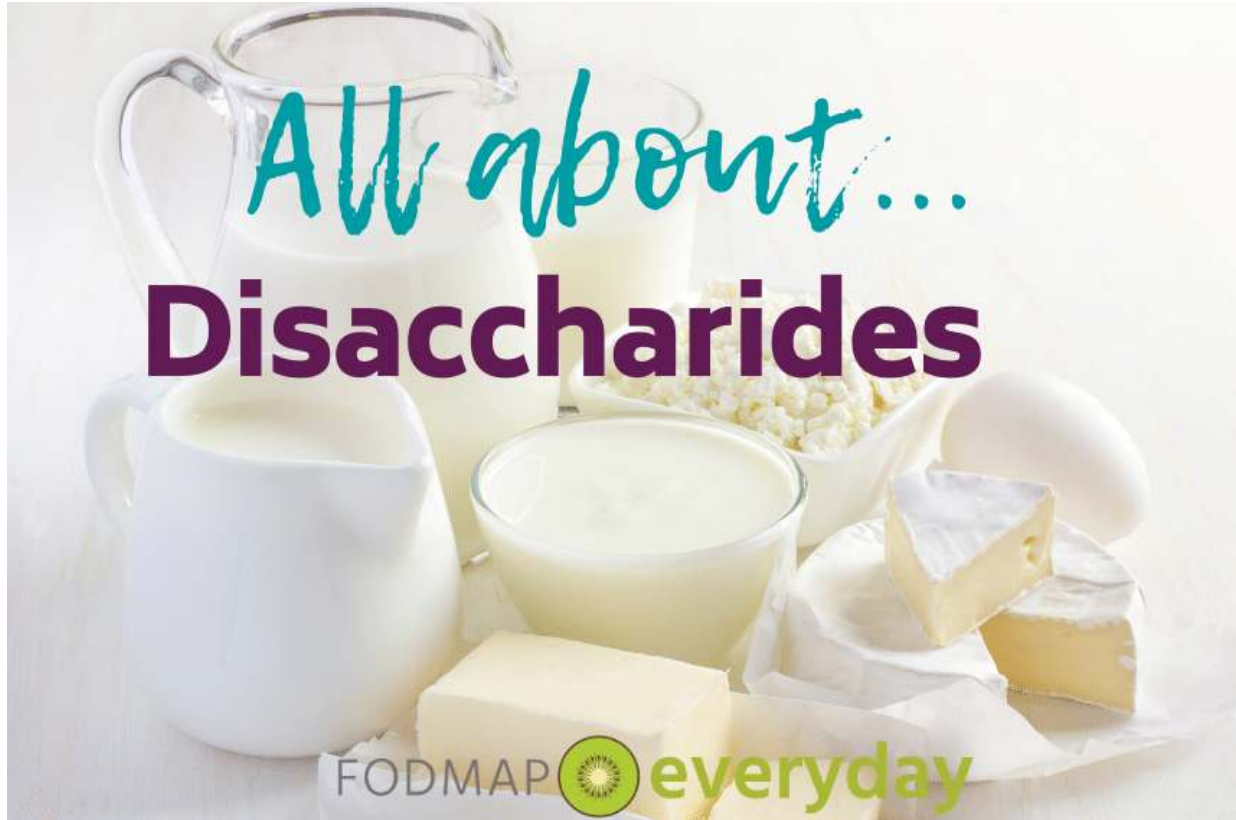
That's why it is so vital that you test your sensitivity to items rich in fructans and GOS during the **Challenge and Integration Phases** of the low FODMAP diet.

Once you determine your personal tolerance level, you'll find that you are able to incorporate small servings of foods that contain these FODMAPs into your daily diet.

Oligosaccharides Friendly Recipes:



Let's Talk About the “D” in FODMAP



The “D” in FODMAP stands for disaccharide, and it specifically refers to one particular disaccharide, namely lactose.

The Monash University researchers who created the low FODMAP diet chose to use a “D” instead of an “L” in order to maintain consistency throughout the acronym by using the first letter of the carbohydrate group that each FODMAP belongs to.

The Chemistry of the “D” in FODMAP

All about...

Fermentable

Oligosaccharides

Disaccharides

Monosaccharides

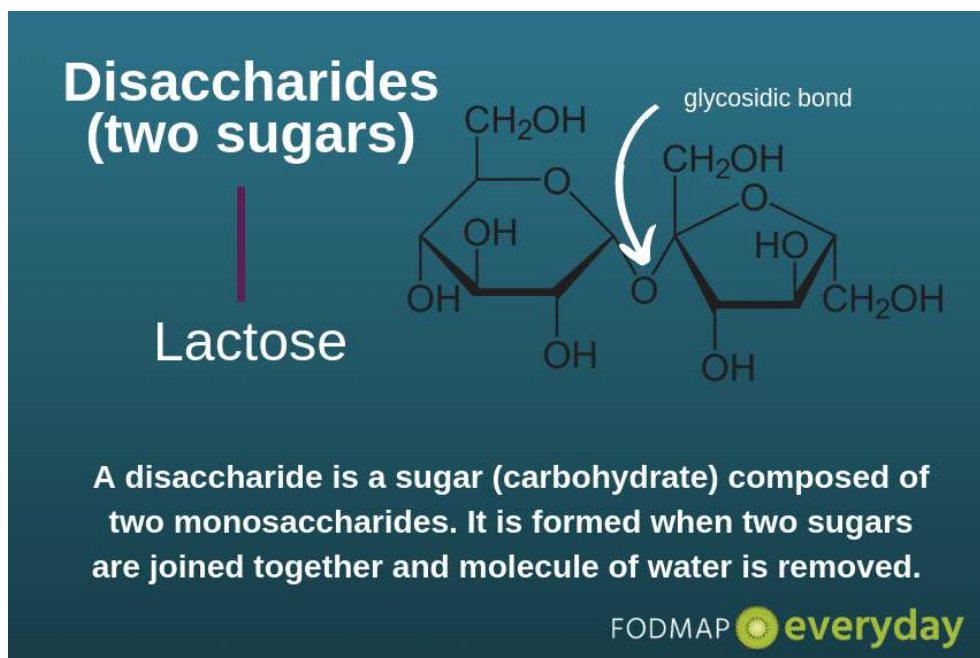
And

Polyols

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Disaccharides are small chain carbohydrates that consist of two monosaccharides (“simple” sugars”) joined by a glycosidic bond. The monosaccharides that make up lactose are galactose and glucose.

In the graphic below you can see galactose and glucose (both simple sugars) bonded together (glycosidic bond) to create lactose, which is a di-saccharide.



What Causes Lactose Malabsorption?

Lactose malabsorption is caused by the body's inability to produce enough lactase, the enzyme needed to break the bond between the two sugar molecules that comprise lactose.

Instead, intact lactose travels through the small intestine attracting water via a process called osmosis and ultimately lands in the large intestine where it is fermented by gut bacteria.

Both the excess water and the gas produced by bacterial fermentation of undigested lactose push on the walls of the large intestine, causing symptoms in people who are **lactose intolerant (this term refers to people who experience *symptoms* when they consume lactose, which is not the case for all those who malabsorb this sugar)**.

Some people actually have the ability to make sufficient lactase but are unable to do so because of an **underlying condition that damages the small intestinal villi, which are the source of this enzyme.**

The most common causes of this **secondary lactose intolerance are untreated celiac disease and gastroenteritis.** Secondary lactose intolerance is usually temporary, and will reverse over time once the underlying issue is addressed.

Symptoms of Lactose Intolerance

Lactose intolerance causes symptoms that are very similar to IBS, namely pain, bloating, gas, and diarrhea. **Because of the overlap between these two conditions, you may want to try cutting out all lactose-containing foods for at least three days before embarking on the Elimination Phase of the low FODMAP diet.**

If your symptoms resolve with just this intervention, you may not need to restrict the other FODMAPs!

Testing for Lactose Intolerance

The two most widely used diagnostic tests for lactose intolerance are the hydrogen breath test and a lactose restricted diet followed by a “test-to-tolerance” protocol (like the [Challenge Phase of the low FODMAP diet](#)).

The hydrogen breath test is quick and easy, but many gastroenterologists and dietitians prefer the [dietary approach](#) because they believe it provides more reliable results.

You May Want to Read: [All About Creams & FODMAPS](#)

Food Sources of Lactose

Lactose is often referred to as “milk sugar” because it is found in milk and milk products, such as yogurt, ice cream, and certain cheeses. Milk from cows, goats, and sheep all contain significant amounts of lactose unless it’s formulated with lactase enzyme, such as lactose-free milk.

Fermented dairy foods, such as yogurt and kefir, are lower in lactose than regular milk, and aged cheese is virtually lactose-free. That’s because bacteria added to milk during the processing of these foods has a similar action as lactase – it breaks down the lactose molecule into easily absorbed simple sugars.

Health Benefits of Lactose

The primary health benefit of lactose lies in the food in which it is contained. Milk and milk products are an excellent source of bioavailable **calcium** and high-quality protein. **If you are avoiding dairy due to lactose intolerance, it is imperative that you get your calcium from other dietary sources (see graphic below) or supplements.**

Or, check out our article on **DIY Lactose-Free Dairy** to learn how to make your own lactose-free milk, cream, half and half and more. Likewise, if dairy foods were a significant source of protein for you, please include other protein-rich items to make up for the shortfall.

Food Sources of Lactose

Table 1 - Lactose content of common dairy products.

DAIRY PRODUCT	LACTOSE (grams per serve)	SERVING SIZE (grams or millilitres)	LACTOSE classification / serve (low / moderate high)
Full cream milk	16g	257ml	High
Low-fat milk	16g	257ml	High
Skim milk	13g	257ml	High
Natural yoghurt	10g	200g	High
Flavoured yoghurt	7g	200g	High
Thickened cream	2g	40g	Moderate
Ice cream	3g	88g	Moderate
Sour cream	1g	40g	Low
Cream cheese	1g	40g	Low
Ricotta cheese	< 1g	40g	Low
Cottage cheese	< 1g	40g	Low
Feta cheese	< 1g	40g	Low
Cheddar cheese	< 1g	40g	Low
Camembert cheese	< 1g	40g	Low
Brie cheese	< 1g	40g	Low

Graph courtesy of Monash University

Bottom Line

Lactose intolerance exists on a spectrum. Many people do just fine with aged cheeses and other fermented dairy foods, and research suggests that most people with lactose intolerance can tolerate 12 to 15g of lactose per day, which is approximately the amount in 1 cup (240 ml) of milk. Hint: if you spread your consumption throughout the day, you might be able to tolerate more!

If you discover that you are extremely sensitive to lactose, there are plenty of lactose-free milk products on the market these days, such as milk, half-and-half, cream cheese, sour cream and more,

Alternately, you can opt for calcium-rich vegetables like kale or collard greens, firm tofu processed with calcium, or almond, hemp, quinoa or rice milk (all of which are low FODMAP in appropriate serving sizes).

Low FODMAP Calcium Rich Foods

Kale or Collard Greens

Firm Tofu processed
with calcium

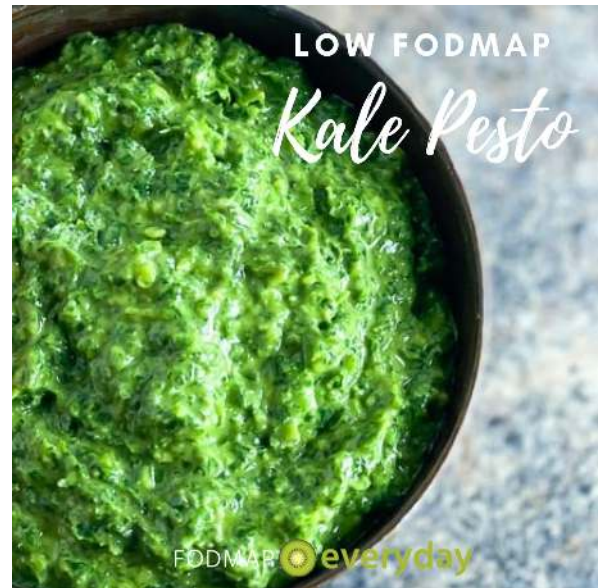
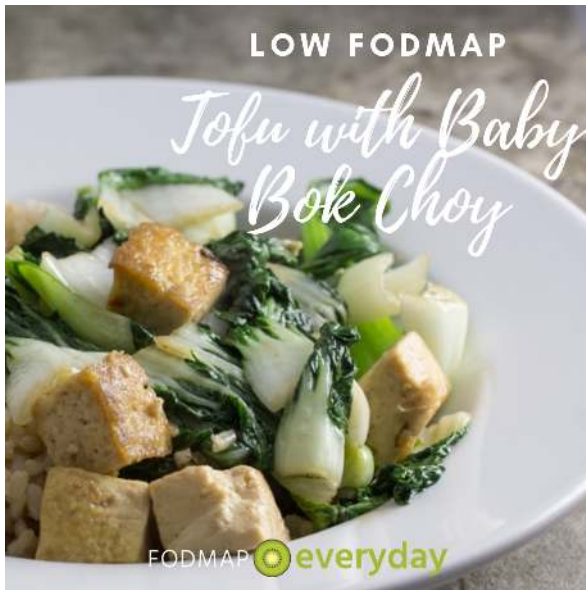
Almond, Rice, Hemp,
or Quinoa Milk

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Monosaccharides

You can also try taking a low FODMAP formulation of a [lactase enzyme supplement](#) immediately prior to consuming dairy foods.

Disaccharide Friendly Recipes:



For more on lactose and the Low FODMAP diet, check out [this article](#) by Success Team member Rachelle LaCroix Mallik.

Let's Talk About the "M" in FODMAP



Monosaccharides



The “M” in FODMAP stands for **monosaccharide**.

This is consistent with the rest of the acronym, which uses the first letter of the carbohydrate group each FODMAP belongs to, rather than that of a particular monosaccharide, which in this case is **fructose**.

The Chemistry of the “M” in FODMAP

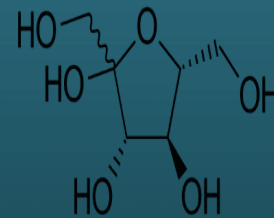
All about...

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This article concerns only the monosaccharide form of fructose, as that is what is pertinent to our discussion of the “M” in FODMAP.

FRUCTOSE (Monosaccharide)



Fructose is a simple monosaccharide found in many fruits and vegetables. When it is present in food in excess of glucose, IBS symptoms may be triggered.

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Fructose in food exists in four forms:

1. As a monosaccharide (fructose)
2. As part of a disaccharide (fructose + glucose = sucrose)
3. As part of the oligosaccharide, fructan (3 to 10 fructose units)
4. And as part of the polysaccharide, inulin (10 or more fructose units)

What Causes Fructose Malabsorption?

In order to understand how and why fructose may be malabsorbed, it's important to first understand how it is absorbed.

Fructose absorption occurs in the small intestine via two pathways.

- **The first involves the GLUT 2 transporter**, which facilitates the uptake of fructose paired with an equal or greater amount of glucose.
- **The second utilizes the GLUT 5 transporter**, which has a slower action and more limited capacity than GLUT 2 but can handle fructose consumed in excess of glucose.

Everyone malabsorbs fructose if it is consumed in excessive amounts, but about one-third of the population has an extremely limited absorption capacity and are considered to have **“fructose malabsorption.”**

Fructose Malabsorption vs. Hereditary Fructose Intolerance

Fructose malabsorption, is not the same thing as **hereditary fructose intolerance**, which is a potentially serious condition that is diagnosed in infants when they begin consuming food or formula that contains fructose or sucrose.

Fructose & Gut Symptoms

As fructose moves through the small intestine and into the large intestine, it attracts water by a process called osmosis. **This occurs whether fructose is absorbed or not, but it can lead to pain and motility problems (typically, diarrhea) for people who are more sensitive to the pressure this fluid exerts on the intestinal walls.**

Fructose that is not absorbed in the small intestine enters the large intestine and is fermented by gut bacteria – a process that yields gas as a by-product. **This gas further distends the bowel, causing additional pain, bloating, and altered bowel habits in susceptible individuals.**

Testing for Fructose Malabsorption

Many digestive disease experts (including those who created the low FODMAP diet at Monash University) discourage the practice of using the hydrogen breath test to diagnose fructose malabsorption.

They cite [research](#) showing that it is not reproducible, i.e., you can get a positive result one day and a negative result soon after, and that **fructose can contribute to symptoms whether or not a breath test is positive or negative.**

A more reliable way to find out if fructose is a problem for you is to initiate a fructose-restricted diet followed by a “test-to-tolerance” protocol (like the **Elimination and Challenge Phases of the low FODMAP diet**).

Not only will this help you determine if you are sensitive to fructose, it will also provide information about how much of this sugar you can consume before uncomfortable symptoms arise.

Food Sources of Excess Fructose

Excess fructose is primarily found in sweet foods, such as fruit and honey, but certain vegetables also contain this sugar.

Thankfully, many foods from these categories contain a more balanced fructose-to-glucose ratio and can be safely consumed in FODMAP friendly portions.

The [Monash University FODMAP Diet app](#) offers extensive listings of high and low fructose foods and is a valuable tool for people following the low FODMAP diet.

You May Want to Read: [Corn Syrup vs High-Fructose Corn Syrup](#)

Food Sources of Fructose

Excess Fructose Fruit

- Apples (also contains polyols)
- Cherries (also contains polyols)
- Mango
- Pears (also contains polyols)

Excess Fructose Sweeteners

- Agave syrup, light
- Agave syrup, dark (also contains fructans)
- High Fructose Corn Syrup
- Honey

Excess Fructose Vegetables

- Asparagus (also contains fructans)
- Broccoli, stalks
- Broccoli, heads
- Jerusalem artichoke (also contains fructans)
- Sugar snap peas

No Excess Fructose Fruit

- Blueberries
- Cantaloupe
- Clementine
- Grapes
- Kiwi
- Orange
- Passionfruit
- Papaya
- Pineapple
- Strawberries

No Excess Fructose Sweeteners

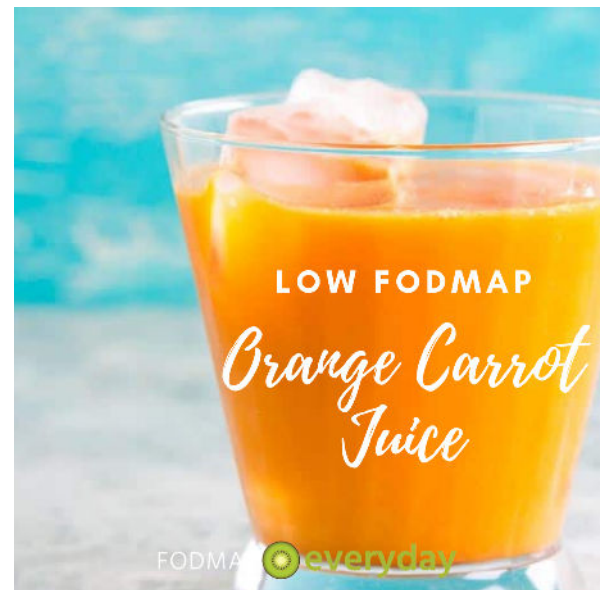
- Maple syrup
- Stevia
- Sugar (white, brown, raw, palm)

Bottom Line

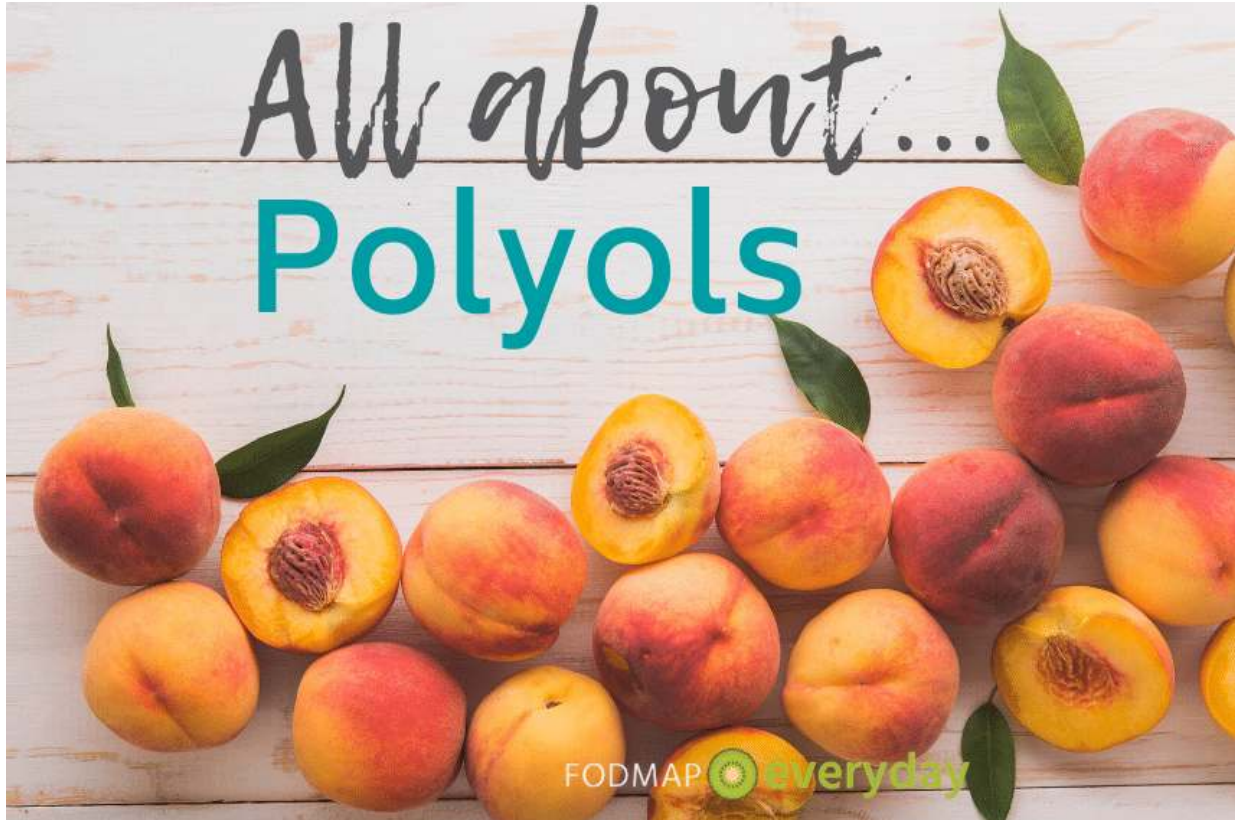
Fructose malabsorption is a normal phenomenon; nonetheless, it can lead to significant symptoms for certain individuals. Because fructose is found in many healthy and enjoyable foods, attempting to eliminate this sugar from your diet altogether is not the best solution.

Rather than subjecting yourself to an unreliable hydrogen breath test for answers, you will get far more meaningful and comprehensive information about your tolerance level for fructose (and other potentially problematic foods) by trying a FODMAP Elimination/Challenge protocol.

Monosaccharide Friendly Recipes



Let's Talk About the "P" in FODMAP



The "P" in FODMAP stands for Polyols.

The “P” in FODMAP stands for polyols, but you may know them by another name – “sugar alcohols” – which is how they usually appear on the Nutrition Facts labels of packaged foods. The type of polyol/sugar alcohol found in a product, e.g., sorbitol or mannitol, can be found in the ingredients list.

The Chemistry of the “P” in FODMAP

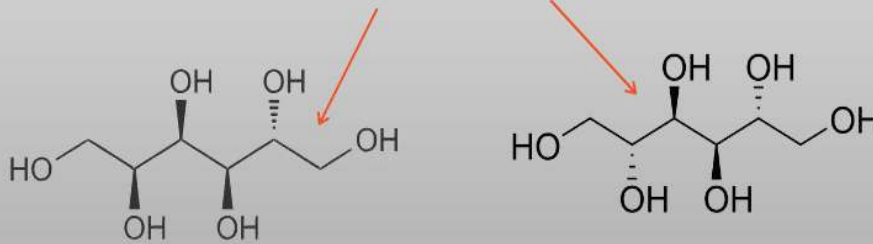
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Polyols are small-chain carbohydrates that occur naturally in certain fruits and vegetables or as additives in packaged foods. The two that have been extensively evaluated by the Monash University researchers who developed the low FODMAP diet are sorbitol and mannitol (you can see them on the [Monash smartphone app](#)).

POLYOLS Sorbitol & Mannitol



Polyols, also called sugar alcohols, are a group of versatile, reduced-calorie carbohydrates that provide sweetness.

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What Causes Polyol Malabsorption?

Polyols are absorbed through pores in the small intestinal epithelium. This occurs slowly in all people, but the rate is influenced by factors that include polyol dose and type, gut transit time, size of the small intestinal epithelial pores, and the presence of intestinal disorders that reduce epithelial pore size, such as celiac disease.

Clearly, some people are predisposed to malabsorb these sugars due to factors that are not under their control, but just about everyone will experience digestive symptoms if they consume more than 10 to 20 grams of polyols at one time.

That's why packaged foods that contain sorbitol and mannitol must include a warning that states, "Excess consumption may have a laxative effect."

Polyols & Gut Symptoms

Similar to **fructose**, polyols attract water as they move through the small intestine by a process called osmosis. **This occurs whether polyols are absorbed or not, but it can lead to pain and motility problems (typically, diarrhea) for people who are more sensitive to the pressure this fluid exerts on the intestinal walls.**

Polyols that are not absorbed in the small intestine enter the large intestine where they are fermented by gut bacteria. **The gas produced as a by-product of this bacterial fermentation distends the bowel, causing additional pain, bloating, and altered bowel habits in susceptible individuals.**

Certain polyols (notably erythritol) are better tolerated than others because they are more efficiently absorbed in the small intestine. This reduces both the osmotic effect they exert in the small intestine and the amount of intact polyol molecules available for fermentation in the large intestine.

Testing for Polyol Malabsorption

Breath tests for sorbitol and mannitol malabsorption are available, but they are infrequently ordered. That's actually a good thing since these tests are not particularly helpful as diagnostic tools.

For one thing, they're not reproducible, i.e., you can get a positive result one day and a negative result soon after. Another downside to these tests is that the polyol dose used is often much larger than a person would typically consume in one sitting. **More importantly, though, polyols can cause symptoms whether or not they are absorbed.**

Polyols

A more reliable way to find out if polyols are problematic for you is to initiate a polyol-restricted diet followed by a “test-to-tolerance” trial (like the [Elimination and Challenge Phases of the low FODMAP diet](#)).

An invaluable resource for those of you who choose this route is the [Monash University FODMAP diet app](#), which lists the sorbitol and mannitol content of hundreds of foods.

Information about other polyols is not available on the app, but if you have trouble with sorbitol and mannitol you’ll probably need to limit most other polyols as well.

A quick way to identify additional polyols in the ingredients lists of packaged foods is to look for an “ol” ending, e.g., maltitol, xylitol, and lactitol; one polyol that bucks this trend is isomalt.

You May Want to Read: [Are Apples Low FODMAP?](#)

Food Sources of Polyols

Polyols are primarily found in stone fruits and as additives in sugar-free chewing gum, candy, and other low-cal or carb-free foods. They are also found in a number of fruits and vegetables.

Food Sources of Excess Polyols

Excess Polyols Fruit

- Apple (also contains excess fructose)
- Avocado
- Apricot
- Blackberries
- Cherries (also contain excess fructose)
- Lychee
- Nectarine (also contains excess fructans)
- Peach
- Pear (also contains excess fructose)
- Plum (also contains excess fructans)
- Prune (also contain excess fructans)

Excess Polyols Vegetables

- Cauliflower
- Celery
- Corn, sweet
- Mushrooms (button, enoki, dried porcini, Portobello, shiitake)
- Sauerkraut, white
- Sweet Potatoes

Bottom Line

Polyols are notorious for causing gastrointestinal symptoms if the amount consumed exceeds your absorptive capacity.

Packaged foods with added polyols are often of low nutritional value and ought to be avoided, but **whole foods that contain these sugars should be kept in the diet if possible.**

You can discover your personal comfort level for such foods using a systematic method like the **three phases** of the low FODMAP diet.

Polyols Friendly Recipes



What Are FODMAPs?

Our **DISCLAIMER**

What Are FODMAPs?

We are NOT providing medical advice. We are offering expert guidance and access to information and resources but we are not diagnosing your health. Please read our full [Terms of Use and Privacy Policy](#).

You will hear us repeatedly suggest you work with a [low FODMAP trained Registered Dietary Nutritionist](#) – preferably one trained by Monash University – as this will help ensure you have the greatest opportunity at succeeding at the low FODMAP diet as per your unique body needs.

FODMAP Everyday® At A Glance:

FODMAP Everyday® is accredited by FODMAP Friendly. Dédé is low FODMAP trained by Monash University. Dédé is also individual accredited as a recipe developer and FODMAP educator by FODMAP Friendly.

We have over 750+ Low FODMAP recipes, 300+ articles on food, diet and health as well as free resources for helping you THRIVE while following the low FODMAP diet.

We maintain our own professional Test Kitchen. Dédé has over 30 years of professional recipe development experience, including her stint as a Contributing Editor for Bon Appetit magazine and has written 17 cookbooks.

[Read More About the team at FODMAP Everyday® here.](#)