

✓ FOOD SUITABLE ON A LOW-FODMAP DIET



FRUIT

banana, blueberry, boysenberry, canteloupe, cranberry, durain, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo



VEGETABLES

alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, eggplant, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini



HERBS

basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme



GRAIN FOODS

gluten-free bread or cereal products, 100% spelt bread, rice, oats, polenta, arrowroot, millet, psyllium, quinoa, sorghum, tapioca



MILK PRODUCTS

lactose-free milk, oat milk, rice milk, soy milk, hard cheeses and brie and camembert. Yogurt lactose-free varieties, ice-cream gelati, sorbet, olive oil



OTHER

tofu, sweeteners sugar (sucrose), glucose, artificial sweeteners not ending in 'ol' honey substitutes golden syrup, maple syrup, molasses, treacle

X ELIMINATE FOODS CONTAINING FODMAPS



EXCESS FRUCTOSE

apple, mango, nashi, pear, tinned fruit in natural juice, watermelon, sweeteners fructose, high fructose corn syrup, concentrated fruit sources, large serves of fruit, dried fruit, fruit juice, honey corn syrup, fruisana



LACTOSE

milk from cows, goats or sheep, custard, ice cream, yoghurt, soft unripened cheeses eg. cottage, cream, mascarpone, ricotta



FRUCTANS

artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, fennel, garlic, leek, okra, onion (all), shallots, spring onion, wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta, fruit custard apple, persimmon, watermelon, chicory, dandelion, inulin, pistachio



GALACTANS

legumes baked beans, chickpeas, kidney beans, lentils, soy beans



POLYOLS

apple, apricot, avocardo, backberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune,, watermelon, cauliflower, green capsicum (bell pepper), mushroom, sweet corn sweeteners sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)



FODMAP'S FOOD ELIMINATION DIET FOR THE BREAST FEEDING MOTHER TO HELP A COLICKY, CRYING, WINDY, UPSET BABY

FODMAP'S stands for "Fermentable, Oligo-, Di-, Mono-saccharides And Polysols". But don't worry about remembering that!

Basically, FODMAP'S are short chain carbohydrates or sugars that the bowel doesn't absorb well and they ferment into wind. Excluding these foods is well known to help those suffering IBS and other bowel problems.

When I came across this food plan it jumped out at me because all the foods that I regularly advise breast feeding mums to be careful of are on the FODMAP'S list too.

Applying this list to breast feeding mothers is not quite how it was designed but my clinical experience shows me it works great!

Instructions for use

This is my advice to all breast feeding mums when we are trying to work out what foods may be aggravating a colicky, windy, upset baby. There are actually many, many foods that have been discovered to aggravate colic or wind in a baby when eaten by the breast feeding mum. It's confusing to say the least so this is my short cut to get you started

This is what I advise you to do.

Firstly, DON'T exclude all the FODMAP'S foods.

Look through the red or FODMAP'S foods (which are the ones to avoid). Circle any of the foods you are eating and then really circle or highlight the foods on that list that you are eating A LOT OF.

It is highly likely that it is this food that is aggravating your baby if any.

New mums food habits are not usual, they tend to grab foods and overdo foods they wouldn't usually eat so much of. Their diets are really different to normal as they are putting their new baby before themselves. I have written a lot more about this in an ebook available to you at www.happybabyexpert.com.

I hope these information sheet helps you. Please keep in touch and let me know how you get on. You can email me at christian@theperrymount.com

To yours and your baby's health



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