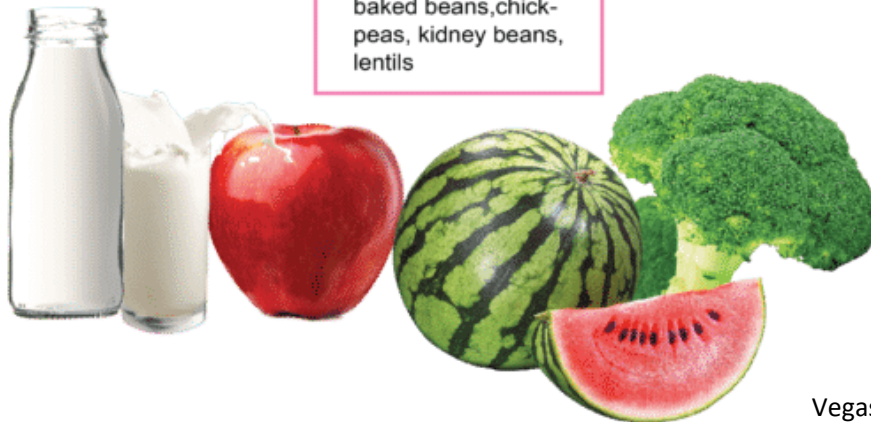


# Low FODMAP Diet

A low FODMAP diet may help people with gastrointestinal problems like bloating, gas, or irritable bowel syndrome (IBS)



Avoid			Enjoy		
<p><b>Excess Fructose</b> Fruit: apple, mango, pear, canned fruit in natural juice, watermelon.</p> <ul style="list-style-type: none"> <li>Sweeteners: fructose, high fructose corn syrup, corn syrup, honey.</li> <li>Concentrated fructose: concentrated fruit, large servings of fruit, dried fruit, fruit juice.</li> </ul>	<p><b>Fructans</b></p> <ul style="list-style-type: none"> <li>Asparagus</li> <li>Beetroot</li> <li>Broccoli</li> <li>Brussels sprouts</li> <li>Cabbage</li> <li>Eggplant</li> <li>Fennel</li> <li>Garlic</li> <li>Leek</li> <li>Okra</li> <li>Onion (all)</li> <li>Shallots</li> <li>Cereals: wheat and rye in large amounts (e.g. bread, crackers, cookies, couscous, pasta)</li> <li>Fruit: custard apple, persimmon, watermelon</li> <li>Misc: chicory, dandelion, inulin</li> </ul>	<p><b>Polyols</b></p> <ul style="list-style-type: none"> <li>Apple</li> <li>Apricot</li> <li>Avocado</li> <li>Blackberry</li> <li>Cherry</li> <li>Lychee</li> <li>Nashi</li> <li>Nectarine</li> <li>Peach</li> <li>Pear</li> <li>Plum</li> <li>Prune</li> <li>Watermelon</li> <li>Vegetables: Green bell pepper, mushroom, sweet corn</li> <li>Sweeteners: sorbitol (420), mannitol, (421) isomalt (953), maltitol (965), xylitol(967)</li> </ul>	<p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Banana</li> <li>Blueberry</li> <li>Boysenberry</li> <li>Cantaloupe</li> <li>Cranberry</li> <li>Durian</li> <li>Grape</li> <li>Grapefruit</li> <li>Honeydew melon</li> <li>Kiwi</li> <li>Lemon</li> <li>Lime</li> <li>Mandarin</li> <li>Orange</li> <li>Passionfruit</li> <li>Pawpaw</li> <li>Raspberry</li> <li>Rhubarb</li> <li>Rockmelon</li> <li>Star anise</li> <li>Strawberry</li> <li>Tangelo</li> </ul>	<p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Alfalfa</li> <li>Artichoke</li> <li>Bamboo shoots</li> <li>Beet roots</li> <li>Bok choy</li> <li>Carrot</li> <li>Celery</li> <li>Choko</li> <li>Choy sum</li> <li>Endive</li> <li>Ginger</li> <li>Green beans</li> <li>Lettuces</li> <li>Olives</li> <li>Parsnip</li> <li>Potato</li> <li>Pumpkin</li> <li>Red bell pepper</li> <li>Silver beet</li> <li>Spinach</li> <li>Summer squash (yellow)</li> <li>Swede</li> <li>Sweet potato</li> <li>Taro</li> <li>Tomato</li> <li>Turnip</li> <li>Vam</li> <li>Zucchini</li> </ul>	<p><b>Starch</b></p> <ul style="list-style-type: none"> <li>Gluten free bread or cereal products</li> <li>100% spelt bread</li> <li>Rice</li> <li>Oats</li> <li>Polenta</li> <li>Other: arrowroot, millet, psyllium, quinoa, sorgum, tapioca</li> </ul>
<p><b>Lactose</b></p> <ul style="list-style-type: none"> <li>Milk: milk from cows, goats, or sheep.</li> <li>Custard, ice cream</li> <li>Yogurt</li> <li>Cheese: soft, unripened cheeses like cottage, cream, mascarpone, ricotta</li> </ul>	<p><b>Galactans</b></p> <ul style="list-style-type: none"> <li>Legumes: Beans, baked beans, chickpeas, kidney beans, lentils</li> </ul>	<p><b>Misc</b></p> <ul style="list-style-type: none"> <li>Sweeteners - sucrose, glucose, artificial sweeteners not ending in "-ol", and sugar in small quantities</li> <li>Honey substitutes - small quantities of golden syrup, maple syrup, molasses, and treacle</li> </ul>	<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>Milk - lactose-free milk, oat milk, rice milk, soy milk (check for additives)</li> <li>Cheeses- hard cheeses, brie, and camembert</li> <li>Yogurt (lactose free)</li> <li>Ice cream substitutes gelatin, sorbet</li> <li>Butter substitutes (e.g. olive oil)</li> </ul>		



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# Celiac Disease Diet



Celiac disease is an autoimmune disease that causes damage to the small intestine when gluten is consumed. Signs and symptoms may include abdominal pain, bloating, diarrhea, and developmental/neurological problems. If you are diagnosed with celiac disease, then you must follow a gluten-free diet to prevent damage to your intestines.

## Allowed Food

- Amaranth
- Arrowroot
- Besan
- Buckwheat
- Coconut flour
- Corn flour
- Nuts
- Rice
- Legumes
- Wild rice
- Pop corn
- Potato flour

## Foods To Avoid

- Wheat
- Barley
- Breadcrumbs
- Bulgur
- Couscous
- Durum
- Einkorn
- Farro
- Oats
- Rye
- Graham Flour
- Wheat bran

## Other Wheat Products

- Whole wheat flour
- White flour
- White bread
- Tritical flour
- Bromated flour
- Durum flour
- Enriched flour
- Farina
- Self rising flour
- Semolina
- Plain flour
- Phosphated flour

## Processed Food That May Contain Gluten

- Brown rice syrup
- Candy
- Potato chips
- Cold cuts, hot dogs, sausages
- French fries
- Gravy
- Imitation fish
- Sauces
- Soups
- Soy sauce
- Rice mixes
- Seasoned tortilla chips