

# NUTRITIONAL RECOMMENDATION



FODMAP

## Overview

Designed to aid those with IBS or those suffering with commensal bacterial overgrowth. FODMAP nutrition has been noted to be a most effective strategy toward contending with imbalanced gut flora (dysbiosis), yet one of the limiting factors which many have experienced is its inability to improve on rates of digestion or nutrient assimilation.

For those who have optimal pancreatic function and parietal/chief cell operation, a FODMAP plan may be best suited to reduce unwanted bacterial overgrowth and associated gastritis



# PERMITTED FOODS



| UNPROCESSED MEAT |                  |
|------------------|------------------|
| Lamb             | Pork fillet only |
| Chicken          | Turkey           |
| Ostrich          | Venison          |
| Partridge        | Wild boar        |
| SEAFOOD          |                  |
| Abalone          | Oyster           |
| Anchovy          | Pacific mackerel |
| Bass             | Pacific Saury    |
| Bonito           | Perch            |
| Codfish          | Red Snapper      |
| Crab             | Salmon           |
| Halibut          | Sardine          |
| Jack mackerel    | Scallop          |
| Lobster          | Shrimp           |
| Octopus          | Squid            |
|                  | Tilapia          |
|                  | Trout            |
|                  | Tuna             |
| Nuts and Seeds   |                  |
| Brazil nut       | Chestnut         |
| Chia seed        | Flax seed        |
| Hazelnut         | Hemp seed        |
| Macadamia nut    | Pine nut         |
| Pistachio        | Pumpkin seed     |
| Pecans           |                  |
| HEALTHY FATS     |                  |
| Chia seed        | Hemp oil         |

|                          |                  |
|--------------------------|------------------|
| Olive oil                | Flax seed        |
| NON STARCHY VEGETABLES:  |                  |
| FIRST 6 HOURS OF THE DAY |                  |
| Artichoke                | Chard            |
| Asparagus                | Fennel           |
| Bean                     | Lettuce          |
| Broccoli                 | Marrow           |
| Brussel sprout           | Shallot          |
| Cabbage                  | Rocket           |
| Cabbage (white)          | Radish           |
| Caper                    | Watercress       |
| Carrot,                  | Bamboo shoot     |
| Cauliflower              | Burdock root     |
| Enoki mushroom           | Seaweed          |
| Garlic                   | Wakame           |
| Nappa cabbage            | Shitake mushroom |
| Portabella mushroom      | Beet             |
| Kohlrabi                 | Okra             |
| Spinach                  |                  |
| Swiss chard              |                  |
| FRUIT:                   |                  |
| Golden delicious apples  | Blueberries      |
| Bananas                  | Red currents     |
| Peeled paw paw           | Ginger           |
| Kiwifruit                | Rhubarb          |
| Lemon                    | Watermelon       |
| Mango                    | Lemon peel       |

|                         |                  |
|-------------------------|------------------|
| Raspberries             | Grapefruit       |
| Oranges                 | Strawberries     |
| HERBS AND SPICES:       |                  |
| Basil                   | Hops             |
| Bay leaf                | Mint             |
| Black pepper            | Oregano          |
| Cayenne pepper          | Paprika          |
| Cilantro                | Rosemary         |
| Cinnamon                | Sage             |
| Cloves                  | Tarragon         |
| Cumin                   | Thyme            |
| Curry                   | Turmeric         |
| Dill                    | Vanilla bean     |
| Ginger                  |                  |
| STARCHY VEGETABLES      |                  |
| LAST 6 HOURS OF THE DAY |                  |
| Parsnip                 | Butternut squash |
| Pumpkin                 | Sweet potato     |
| Turnip                  |                  |
| GRAINS                  |                  |
| LAST 6 HOURS OF THE DAY |                  |
| Rice                    | Oats             |



# RESTRICTED FOODS



|                  |                  |
|------------------|------------------|
| FRUITS           |                  |
| LEGUMES          |                  |
| Peanut           | Lima beans       |
| Black beans      | Kidney beans     |
| Chickpeas        | Black-eyed beans |
| Navy beans       |                  |
| DAIRY            |                  |
| REFINED SUGAR    |                  |
| FERMENTED FOODS  |                  |
| sauerkraut       | kefir            |
| kimchi           |                  |
| PRESERVED MEATS: |                  |
| Smoked salmon    | Salami           |
| Ham              | Pastrami etc.    |
| REFINED OILS     |                  |
| ALCOHOL          |                  |