

HEALTH NUGGET

December 2021

What is a FODMAP?

Fermentable

Oligosaccharides- 0.3 grams of either fructans or galactooligosaccharides (GOS)

Disaccharides- 4.0 grams of lactose

Monosaccharides- 0,2 grams more fructose than glucose

Polyols- 0.3 grams of either mannitol or sorbitol (artificial sweetener's)

Short chain carbohydrates found in many common foods like meats, sweets, or alcohol, but also in many common healthy foods like vegetables, legumes, and grains.

Common healthy foods containing high amounts of FODMAPS
Wheat, garlic, Onion, Fruit, vegetables, legumes and pulses, sweetener's and grains.

High FODMAP fruits include:

Apples, apricots, cherries, figs, mangoes, nectarines, peaches, pears, plums and watermelon

High FODMAP vegetables include:

Asparagus, brussels sprouts, cauliflower, chicory leaves, globe and Jerusalem artichokes, karela, leeks, mushrooms and snow peas
Double click to edit

High FODMAP legumes include:

Baked beans, black-eyed peas, broad beans, butter beans, chickpeas, kidney beans, lentils, soybeans and split peas.

2 main causes of disease in our bodies are:

1. Lack of Nutrition
2. Toxicity in our blood

3 Things we can do to help improve digestion and immune systems:

1. Warm lemon water every morning before breakfast-24 ounces of warm water, ½ fresh squeezed lemon juice.
2. Cut meats and dairy. Animals today are unhealthy and full of toxic chemicals.
3. Limit your high FODMAP/short chain carbohydrate intake, if you are suffering from symptoms of leaky gut or GI distress.

Here are some additional website sources to help you determine if you are suffering from FODMAP sensitivity:

https://www.healthline.com/nutrition/foods-high-in-fodmaps#TOC_TITLE_HDR_6

<https://www.dietvsdisease.org/diy-low-fodmap-diet>

www.facebook.com/nohandsnana

Presented by:
Dori Martinez