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## Low FODMAP Diet Resources

This handout provides a list of books and websites to help you find information on the low FODMAP diet. A low FODMAP diet may help reduce gas, bloating, and pain if you have Irritable Bowel Syndrome (IBS).

Talk to a registered dietitian before you start to follow a low FODMAP diet. A dietitian can help you follow the diet and will work with you to find a long-term healthy eating plan that helps to improve your IBS symptoms. Ask your doctor for a referral, or visit [www.dietitians.ca](http://www.dietitians.ca) to find a dietitian with experience teaching the low FODMAP diet.

The resources listed here are believed to be reliable and accurate at the time of publication. They should not be considered an endorsement of any information, service, product or company.

### Books

IBS-Free at Last! Change Your Carbs, Change Your Life with the FODMAP Elimination Diet (2<sup>nd</sup> Edition). This book includes a low FODMAP diet guide, menus, shopping lists, label reading tips, lists of high and low FODMAP foods, a small selection of recipes, and answers to 100 Frequently Asked Questions. Patsy Catsos (Registered Dietitian), 2009.

IBS-Free Recipes for the Whole Family (The Flavor Without FODMAPs Series). Volume 2. This book includes sample menus, snack ideas, lists of high and low FODMAP foods, and over 110 recipes, including low FODMAP versions of family favorite foods. Patsy Catsos (Registered Dietitian), 2015.

Monash University Low FODMAP Diet Booklet (5<sup>th</sup> Edition). This booklet includes a low FODMAP shopping guide, a menu plan and recipes, and a long list of high and low FODMAP foods. Available by mail from Monash University in Australia. See: [www.med.monash.edu/cecs/gastro/fodmap/](http://www.med.monash.edu/cecs/gastro/fodmap/)

The 2-Step Low-FODMAP Eating Plan: How to Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensitivity. This book provides a new 2-step plan to identify intolerances in less than eight weeks. It also includes menu plans and over 80 recipes. Sue Shepherd (Registered Dietitian), 2016.

The Complete Low-FODMAP Diet. This book includes step-by-step instructions for following a low FODMAP diet, sample meal plans, shopping tips, and 80 low FODMAP recipes. The authors are the original developers of the low FODMAP diet. Sue Shepherd (Registered Dietitian) and Peter Gibson (MD), 2013.

The IBS Master Plan: A Real Food Approach to Relieve Digestive Distress. This book includes strategies for improving overall digestive health, as well as over 50 low FODMAP recipes. Stephanie Clairmont (Registered Dietitian), 2014.

The Low FODMAP 28-Day Plan: A Healthy Cookbook with Gut-Friendly Recipes for IBS. This book includes a guide to start the low FODMAP diet, low FODMAP recipes, a list of high and low FODMAP foods, and a symptom tracker. Kate Scarlata (Registered Dietitian), 2014.

The Low FODMAP Diet Cookbook. This book includes 150 low FODMAP recipes. The author is one of the original developers of the low FODMAP diet. Sue Shepherd (Registered Dietitian), 2014.

## Websites and Apps

[Canadian Society of Intestinal Research](#). This website includes information about IBS and the low FODMAP diet. See: [www.badgut.org](http://www.badgut.org)

[Canadian Digestive Health Foundation](#). This website includes information about IBS and the low FODMAP diet. See: [www.cdhf.ca](http://www.cdhf.ca)

[Monash University Low FODMAP Diet for Irritable Bowel Syndrome](#). This website includes a variety of resources and tools developed by the Monash University research team. See: [www.med.monash.edu/cecs/gastro/fodmap/](http://www.med.monash.edu/cecs/gastro/fodmap/)

[Monash University Low FODMAP Diet App](#). The app supports users through the elimination and reintroduction phases of the low FODMAP diet. It includes a large database of foods and their FODMAP content. See: [www.med.monash.edu/cecs/gastro/fodmap/](http://www.med.monash.edu/cecs/gastro/fodmap/)



## Additional Resources

- | Food and Symptom Journal  
<http://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=J8frWQ0=&PreviewHandout=bA==>
- | Eating Guidelines for Irritable Bowel Syndrome  
<http://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=JMfsXwl=&PreviewHandout=bA==>

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