

Meeting your Fiber Needs on a Low FODMAP Diet

(Also great for a gluten-free diet!)

Meeting your fiber needs while in the elimination phase of the low FODMAP diet can be challenging, but not impossible! Many everyday foods (wheat, apples, legumes) are rich in FODMAPs. Dietary fiber helps support a healthy gut microbiome and normal intestinal function, therefore, it is important to consume adequate dietary fiber.



SOLUBLE vs INSOLUBLE FIBER

There are different types of fiber in foods and they all play different roles in your digestive health.

- **Insoluble fiber** from skins of fruits and vegetables helps with laxation
- **Soluble fiber** from the 'flesh' of fruits and vegetables provides food for the variety of microorganisms that reside in our gut.

Choosing different types of foods will help you consume a variety of fiber types. Fiber should be incorporated into your diet slowly for best tolerance and consumed with adequate fluids. It is best to work with your registered dietitian to individualize your fiber needs as some conditions may require modification or elimination of certain fiber types.

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HOW MUCH FIBER DO YOU NEED?

Dietary fiber needs vary depending on age and gender per the Institute of Medicine.

Male

4-8 years old	25 grams fiber/ day
9-13 years old	31 grams fiber/day
14-50 years old	38 grams fiber/day
50+ years old	30 grams fiber/day

Female

4-8 years old	25 grams fiber/day
9-18 years old	26 grams fiber/day
19-50 years old	25 grams fiber/day
50 + years old	21 grams/day

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LOW FODMAP FOODS THAT ARE GREAT SOURCES OF FIBER

Food	Serving size	Grams of fiber
Blueberries	¼ cup	1
Kiwifruit	1 fruit	2
Orange	1 medium	3
Pineapple	1 cup, chopped	2
Raisins	1 tablespoon	0.5
Raspberries	⅓ cup	3
Strawberries	10	3
Carrots	1 medium	2
Eggplant	1 cup, chopped	2
Green beans	15 beans	2
Kale	1 cup, raw	1
Oatmeal (gluten-free)	1 cup, cooked	4
White potato	1 medium, Russet with skin	2
Brown rice	1 cup, cooked	3 g
Chickpeas	¼ cup, canned	3.5
Lentils	½ cup, canned	8
Pumpkin seeds	2 tablespoons	2
Chia seeds	1 tablespoon	4

Disclaimer: The information contained in this handout is not intended to provide medical advice or to diagnose or treat a medical condition. Before undertaking any course of treatment or diet change seek the advice of your physician or healthcare provider. This handout does not replace their medical advice.

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Fiber-rich low FODMAP meals you can make:

Breakfast

1 cup cooked oatmeal
(gluten-free)
(4 grams fiber)
10 strawberries
(3 grams fiber)
2 tablespoons
pumpkin seeds
(2 grams fiber)
Lactose free milk
(0 grams fiber)

**Breakfast fiber total=
9 grams**

Lunch

Veggie Stir-fry:
1 cup brown rice
(3 grams fiber)
15 green beans
(2 grams fiber)
1 medium carrot
(2 grams fiber)
½ cup red bell pepper
(1.5 grams fiber)
¼ cup canned chickpeas
(3.5 grams fiber)
1 orange
(3 grams fiber)

**Lunch fiber total=
15 grams**

Dinner

Grilled salmon
(0 grams fiber)
1 medium baked
potato with skin
(2 grams fiber)
Kale salad, 1 cup
(1 gram fiber)
½ cup raspberries
(3 grams fiber)
10 almonds
(1.5 grams fiber)

**Dinner fiber total=
7.5 grams**

Snack

Yogurt parfait:
Lactose free yogurt
(without FODMAP
ingredients)
(0 grams fiber)
1 medium, firm
banana, sliced
(3 grams fiber)
10 walnut halves
(2 grams fiber)
Cinnamon

**Snack fiber total=
5 grams**

TOTAL FIBER PER DAY= 36.5 grams

MAKE IT EASY!

Up your fiber with Epicured

At Epicured, we strive to create wholesome foods that help you manage your specialized diet and fiber needs. Here are a few items that offer a healthy dose of plants and can help meet your fiber goals. Everything is low FODMAP, gluten-free, and available for delivery!



Entrees

Moroccan Tajine with Tofu
(9 grams fiber)
Tacos Especiales with Veggies
(6 grams fiber)
Sesame crusted salmon
with wild rice
(6 grams fiber)
Stir-fry with edamame
(8 grams fiber)



Soups

Pumpkin soup
(2 grams fiber)
Three-Spice Turkey Chili
(6 grams fiber)
Carrot ginger soup
(5 grams fiber)



Salads

Casablanca salad
(7 grams fiber)
Soba Noodle salad
(11 grams fiber)
Burrito bowl
(6 grams fiber)
Warm Autumn Salad
(10 grams fiber)



Smoothies

Dragon fruit smoothie
(4 grams fiber)
Coco berry smoothie
(3 grams fiber)

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