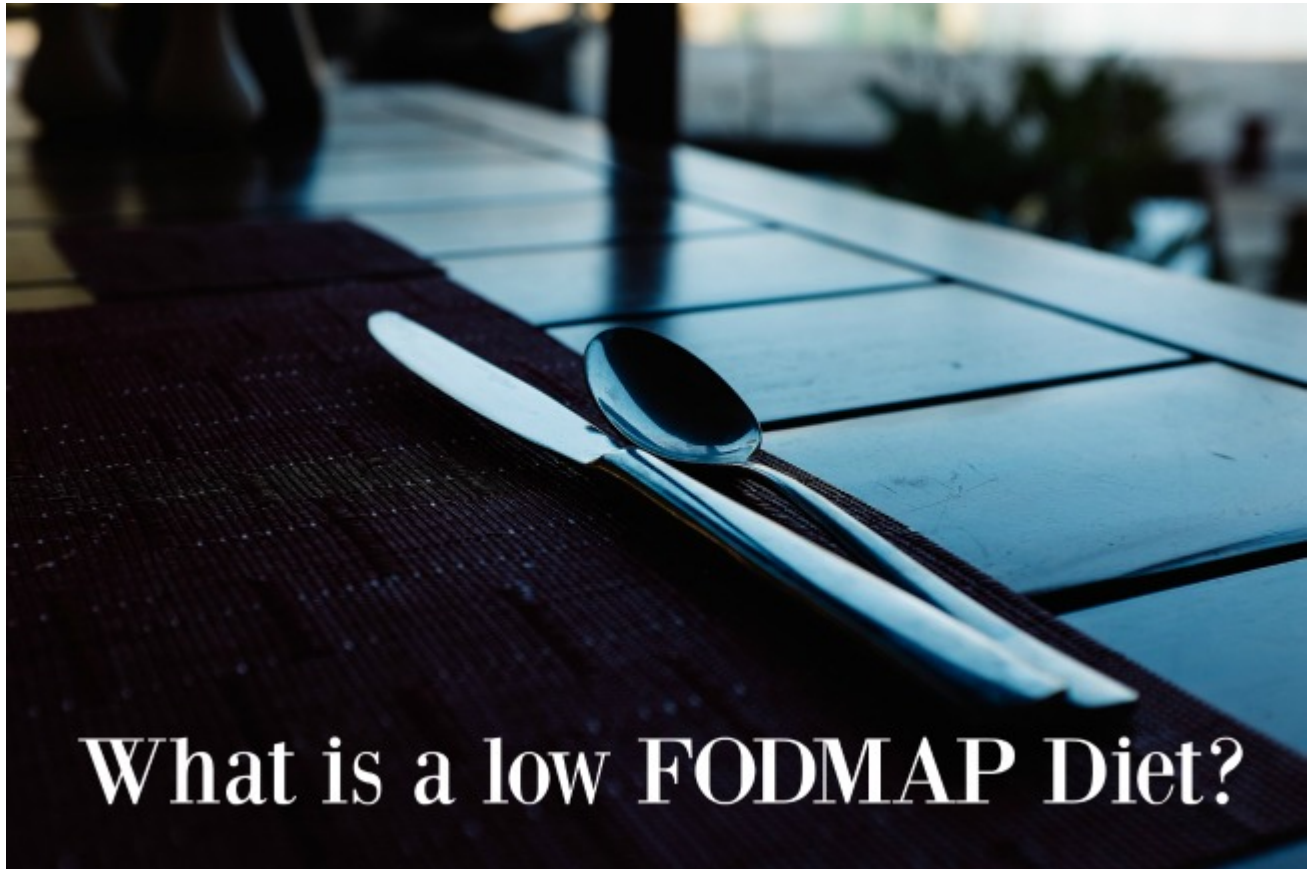


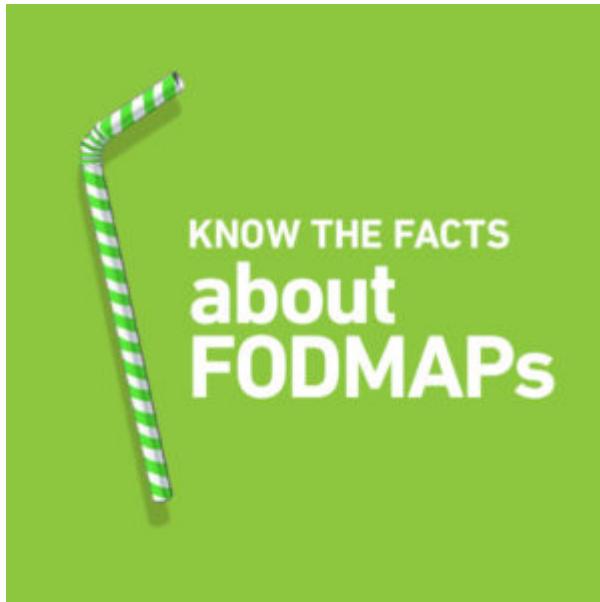
## WHAT IS A LOW FODMAP DIET? LAVONNE LONG

This post is sponsored by ProNourish® Drinks. I received free ProNourish® drinks, but the content and opinions expressed here are my own.



*Have you heard about the low FODMAP diet?* I hadn't until recently. Maybe you have digestive sensitivities and know all about **low FODMAP foods** and the **low FODMAP diet**. But if you don't know much, or are just learning about **digestion issues** and foods to eat and foods to avoid, then please read on.

What are FODMAPs?



*source*

**FODMAP** is an acronym for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols.

**Foods that are high in FODMAPs all have a few things in common:**

FODMAPs can be poorly absorbed in the small intestine

FODMAPs can cause excessive water to be drawn into the intestines

FODMAPs can become rapidly fermented by bacteria present in the colon, which produces gas

Water and gas can buildup which creates distension, cramps, and diarrhea or constipation

By reducing the amount of these specific types of carbohydrate you eat, digestive sensitivities might be minimized.

Basically, FODMAPs are a **certain type of carbohydrate** that can be poorly absorbed, resulting in severe abdominal pain, bloating, constipation and/or diarrhea and excess gas in some people. Research shows that a **low FODMAP diet** may significantly reduce symptoms of digestive discomfort for some

people living with digestive sensitivities.

[Tweet “A diet low in FODMAPs can help digestive issues. #ProNourish”]

## FODMAP List



### High FODMAP Foods include:

wheat  
garlic  
black beans  
milk  
yogurt  
apples  
watermelon  
honey  
apples  
cauliflower

mushrooms

**Low FODMAP Foods:**

lettuce

rice

oats

cheddar cheese

mozzarella cheese

almond milk

lemons

strawberries

oranges

cantaloupe

There are many more foods on these lists. For a more complete list of foods and a printable download, please visit the ProNourish website.\*

[Tweet "Get your FREE printable FODMAP food list today! #ProNourish"]



### ProNourish Nutritional Drink

If you are looking for a great grab-and-go low FODMAP option why don't you try ProNourish Digestive Wellness Drinks? This drink is specifically formulated with the nutrition you are looking for and without the ingredients that may trigger digestive discomfort.\*\*

ProNourish Nutritional Drinks come in 3 delicious flavors: French Vanilla, Chocolate, and Strawberry

Banana. It's a perfect on-the-go option or if you're busy like me, it can also be a mini-meal. **Whether you're at home, at work, or doing errands, ProNourish<sup>®</sup> Drinks are just right for your busy lifestyle.**

ProNourish<sup>®</sup> Digestive Wellness Drinks<sup>®</sup> contain:

15 g High Quality Protein

No Gluten

No High Fructose Corn Syrup

No Sugar Alcohols or Artificial Colors

3 g Fiber

27 Essential Vitamins & Minerals

Certified to be low in FODMAPs

[Tweet "ProNourish Nutritional Drinks<sup>®</sup> have 15g protein and low in FODMAPs! #ProNourish<sup>®</sup> "]



I was recently sent the chocolate flavor of ProNourish<sup>®</sup>. It's rich and creamy. My husband even enjoyed this drink. Sitting at my laptop, working on the blog, I often forget to eat meals. Really. This is an easy-to-grab nutritional drink option that is also **low FODMAP** — big win!

Find ProNourish<sup>®</sup> in the diet management aisle or buy it online today. Visit [www.pronourish.com](http://www.pronourish.com) for a \$2 coupon! Don't forget to like ProNourish<sup>®</sup> on Facebook.



Disclaimer: \*Consult with a doctor or Registered Dietitian Nutritionist (RDN) before starting the diet.

\*\*ProNourish<sup>®</sup> drinks are formulated to avoid certain ingredients that may trigger digestive discomfort in some people.