



# The Happy Gut Guide

**An Incredibly Useful Guide to FODMAPS  
& Beating the Bloat on a Plant-based Diet**

by Steven & David Flynn with Dr Alan Desmond and Registered Dietician Rosie Martin

[www.happygutcourse.com](http://www.happygutcourse.com)

## Welcome to the Happy Gut Guide!

We've been eating a plant-based diet for over sixteen years. Through our three Happy Pear restaurants, our best-selling cookery books, our successful YouTube channel and our on-line courses, we've helped hundreds of thousands of people to "eat more veg". The incredible health benefits of a plant-based diet are now recognised by mainstream medicine and we've been delighted to watch as more people than ever decide to move to a completely plant-based diet.

In its healthiest form, a plant-based diet depends on a large variety of delicious whole-foods. But for many people, switching from a standard western diet to a diet made up exclusively of beans, legumes, nuts, seeds, fruits and vegetables can bring up digestive issues, especially during the first few months. Some of the commonest questions we've been asked over the years are from people who love their plant-based diet but want to know "How can I beat the bloat?" or "What can I do about all the gas?".

We've always worried that these digestive issues would put some people off sticking to a healthy plant-based diet in the long term. So we teamed up with gut health specialist Dr Alan Desmond and plant-based registered dietician Rosie Martin to design "The Happy Gut Course", a six-week on-line programme that teaches participants all about the gut health benefits of a whole-food plant-based diet while providing all the recipes, shopping lists, practical skills and community support they need to make the change a success. The bonus: The Happy Gut recipes have been specifically designed to minimise the digestive issues that are so common during those first few weeks or months on a plant-based diet.

We've learned so much about gut health and we've already helped hundreds of Happy Gut Heroes to make the switch to a whole-food plant-based diet while beating the bloat. In this short guide, we're sharing some of our top tips and our favourite Happy Gut recipes with you. We really hope that these help you to go forth and eat plants!

A handwritten signature in black ink, reading "David & Stephen Flynn". The signature is written in a cursive, flowing style. The first name "David" is on the top line, "Stephen" is on the second line, and "Flynn" is on the third line, with a small flourish at the end.

**David & Stephen Flynn, The Happy Pear.**

## The Gut Health Benefits of a Whole Food Plant-based Diet

Countless medical studies have shown that the modern “Standard Western Diet” is bad news for gut health. A diet that is high in animal products, dairy and processed foods while being low in fruits, vegetable and fibre has been implicated in most of the digestive problems that are so common in the 21st century. When it comes to avoiding Irritable Bowel Syndrome, Crohn’s disease, ulcerative colitis, diverticular disease and even digestive cancers, a whole food plant-based diet ticks all the boxes. Packing your plate with foods that are naturally high in fibre and packed with anti-oxidants and beneficial phytonutrients will ensure that you keep your gut microbiome healthy and help you to maximise your digestive health.

### We are not alone! The benefits of a Happy Gut Microbiome

Our bodies, and particularly our digestive systems, contain trillions of micro-organisms. These bugs make up our “gut microbiome”, mostly located in our lower intestine. In many ways, the microbiome is now considered to be an important and adaptable part of the human body.

A healthy gut microbiome weighs in at about 1.5kg, the same as an average human brain and contains 200 times as much genetic material as the rest of the human body! We need these microbes to survive and thrive, just as much as they need us. In a true symbiosis, the microbiome depends on us for its survival but also provides us with nutrients and other beneficial substances which help to keep us healthy.

We now know that the microbiome actively helps us to digest our food, control our blood sugars, maintain a healthy body weight and helps keep our immune system working effectively. Microbiome health has even been linked to improved mood, increased ability to deal with stress and helping to reduce our risk of developing diabetes, food allergies, asthma and digestive conditions including Crohn’s disease and colitis.

## What are FODMAPs?

The Happy Gut Course uses the science behind FODMAPs to ensure that your transition to a whole food plant-based diet is as comfortable as possible. FODMAPs are small carbohydrates which are plentiful in plant-based foods. Although they are not broken down by our own digestive processes, they are incredibly useful to our gut microbiome, the trillions of bacteria that live in our digestive system. The healthy bacteria love FODMAPs, which act as a pre-biotic, encouraging a healthy and diverse microbiome to flourish. A healthy microbiome brings huge health benefits, from reducing inflammation and controlling appetite, to reducing the risk of auto-immune conditions and heart disease. Switching to a whole food plant-based diet often

leads to significant increases in dietary FODMAP and over weeks to months, the gut microbiome adjusts. But for many people, higher intake of FODMAPS leads to bloating, wind and digestive discomfort. Luckily, with some careful planning, it is entirely possible to reduce your FODMAP intake without compromising on your plant-based diet!

FODMAPs are a healthy part of a whole food, plant-based diet. However, if you are struggling to beat the bloat, it's a good idea to build some at least some of your meals in a FODMAP-controlled manner. Most cookbooks do not take this important issue into account. Garlic, onions, cashew nuts, chickpeas and lentils are all healthy choices, but are also all high in FODMAPs. Many plant-based recipes use these foods in significant quantities, often in combination! But you can easily tweak your favourite recipes to avoid packing in too many FODMAPs in one sitting.

**“FODMAPs” stands for “Fermentable Oligo-saccharides, Di-saccharides, Mono-saccharides and Polyols”**

**Oligosaccharides:**

Found in wheat, rye, legumes and various fruits and vegetables, such as garlic and onions, the white of leeks, scallion whites.

**Disaccharides:**

The main dietary disaccharide is lactose, found in dairy foods such as milk, dairy yogurts and cheese. Because a plant-based diet means no dairy, lactose should not be an issue!

**Monosaccharides:**

Various fruit including figs and mangoes, and sweeteners such as agave nectar are particularly high in fructose.

**Polyols:**

These "sugar alcohols" are found in certain fruits and vegetables, including blackberries and lychee, and are often used as artificial sweeteners in sugar-free processed foods

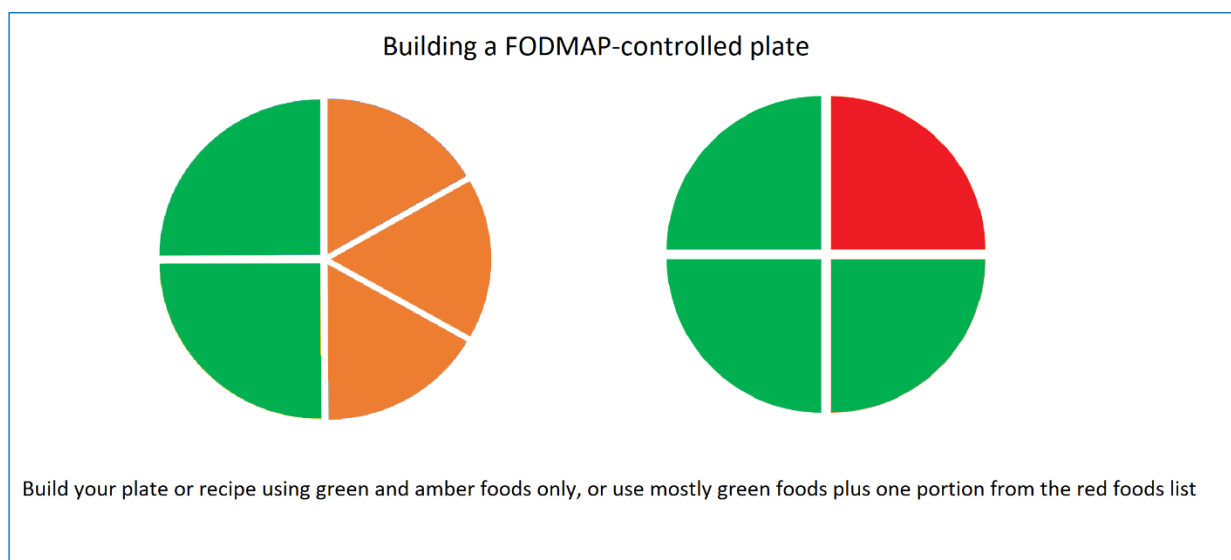
## How to build a FODMAP-controlled plate

We each eat an average of 21 meals per week. To help beat the bloat, it can be useful to design at least one meal each day to be lower in FODMAPs. In this guide we use the traffic light system to help you to do just that!

**Green:** Naturally low in FODMAPs. Use these foods as the basis of your meal and a means to increase portion size without increasing the bloat.

**Amber:** These foods contain modest amounts of FODMAPs, you can add two or three defined portions of amber foods to your FODMAP-controlled meal

**Red:** Naturally high in FODMAPS, these are healthy foods overall. But in a lower FODMAP meal or recipe, they should be used in a small portion. The rest of that meal should use foods from the green-list only.



Remember, this approach should only be used for some of your meals. We suggest starting with just one FODMAP-controlled meal per day. Green-list foods are naturally lower in FODMAPs and can be used to bulk out your plate to match your appetite! If you are going through a short phase of low FODMAP eating, whether that is with your own dietician or as a Happy Gut Course participant, you should leave 2-3 hours before eating another lower FODMAP meal and use the foods on the green and amber lists as healthy snacks to enjoy between meals.

On the next few pages you will find our lists of green, amber and red foods that you can use to build your own FODMAP-controlled meals and recipes. We've also included three of our favourite Happy Gut Recipes, designed to deliver all the gut health benefits of a healthy whole food plant-based diet while still beating the bloat!

# The Happy Gut lists: Plant-based foods and their FODMAP content\*

**Green:** Use these foods as the basis of your meal and a means to increase portion size without increasing the bloat.

**Amber:** Add two or three defined portions of amber foods to your FODMAP-controlled meal

**Red:** Limit use to one portion per lower FODMAP meal. Add foods from the green lists only.

Vegetables	Low FODMAP content
<i>Food item</i>	<i>Average portion size</i>
Alfalfa	75g (2 cups)
Artichoke hearts (canned)	75g (1/2 cup hearts)
Arugula / Rocket	75g (1 cup)
Aubergine	75g (1 cup)
Baby spinach	75g (1 ½ cup)
Bamboo Shoots	75g (1/2 cup)
Bean sprouts	75g (3/4 cup)
Black olives	60g (15 small, ½ cup)
Bok Choy	75g (1 small or 1 cup)
Broccoli heads	75g (3/4 cup)
Brocolini stalks	90g (1 cup stalks only)
Butter lettuce	75g (2 cups)
Callaloo in brine	75g (1/4 cup)
Canned baby corn	80g (1 cup)
Canned bamboo shoots	84g (1/3 cup)
Canned beetroot	60g (1/2 cup)
Canned champignon mushrooms	75g (6 mushrooms)
Canned creamed corn	90g (1/3 cup)
Canned pumpkin	75g (1/3 cup)
Canned tomatillos	75g (1 cup)
Canned tomatoes	92g (3/5 cup)
Carrot	75g (1 medium)
Cassava	75g (1/2 cup diced)
Celeriac	75g (1/4 celeriac)
Cherry tomato	75g (5 cherries)
Chicory leaves	75g (1/2 cup)
Chinese cabbage	75g (1 cup)
Cho cho	75g (1/2 cup diced)
Choy sum	75g (1 ¼ cup chopped)
Chrysanthemum greens	75g (1 cup)
Collard greens	75g (1 cup chopped)
Common cabbage	75g (3/4 cup)
Common tomato	119g (1 small)
Cos/Romaine lettuce	75g (2 cups)
Cucumber	75g (1/2 cup)
Daikon white	75g (1/2 cup)
Dulse flakes	10g (2 tsp)
Eggplant	75g (1 cup)
Endive leaves	75g (7 leaves)
English spinach	75g (2 cup)
Fennel leaves	15g (1/2 cup)
Frozen edamame	90g (1/2 cop, soybeans only)
Gai lan	75g (1 cup chopped)
Galangal	18g (1x 3.5cm piece)
Ginger root	5g (1 tsp)
Green beans	75g (15 beans)

Green chilli	28g (11cm long)
Green olives	60g (15 small, ½ cup)
Iceberg lettuce	75g (1 cup)
Japanese pumpkin	75g (2/3 cup diced)
Jicama	75g (1/2 cup)
Kale	75g (1/2 cup chopped)
Kohlrabi	75g (1/2 cup chopped)
Lotus root (from frozen)	75g (1 cup)
Nori seaweed	5g (2 sheets)
Okra	75g (7 ½ pods)
Oyster mushroom	75g (1 cup)
Parsnip	75g (1 medium parsnip)
Pattypan squash	75g (2 squash)
Pickled beetroot	75g (2/3 cup)
Pickled onions	45g (2 large onions)
Potato	75g (1/2 medium)
Radicchio lettuce	75g (2 cups)
Radish	75g (4 radishes)
Red cabbage	75g (3/4 cup)
Red Chilli	28g (11cm long)
Red coral lettuce	75g (2 cups)
Red pepper	75g (1/4 medium pepper)
Rocket	75g (2 cups)
Roma tomato	75g (1 small)
Silverbeet	75g (1 ½ cup chopped)
Snakebean	75g (1 cup chopped)
Spaghetti squash	75g (1/2 cup)
Spring onion leaves	16g (1 bunch)
Swede	75g (1 cup)
Sweet potato	75g (1/2 cup)
Swiss chard	75g (1 cup chopped)
Taro	75g (1/2 cup diced)
Turnip	75g (1/2 turnip)
Water chestnuts	75g (1/2 cup sliced)
Witlof	75g (1 ½ whole)
Yam	75g (1 cup diced)

Vegetables	Medium FODMAP content
<i>Food item</i>	<i>Average portion size</i>
Courgette	75g (1/2 cup chopped)
Green pepper	75g (1/4 medium pepper)
Leek leaves	75g (1cup chopped)
Sun-dried tomatoes	16g (4 pieces)
Wakame flakes	10g (2 tsp)

Vegetables	High FODMAP content
<i>Food item</i>	<i>Average portion size</i>
Artichoke, globe	75g (3/4 small globe)
Artichoke, jerusalem	75g (1 ½ artichoke)

Asparagus	75g (5 spears)
Beetroot	75g (1 small or ½ large)
Bitter melon	75g (¾ cup sliced)
Broccoli stalks	75g (¾ cup)
Brocolini heads	90g (1 cup, heads only)
Brussel spouts	75g (4 sprouts)
Butternut squash	75g (½ cup diced)
Button mushroom	75g (1 cup)
Canned corn kernals	75g (1 cup)
Canned peas	75g (2/5 cup drained)
Celery	75g (2 medium stalks/12cm)
Dried chipotle chilli	18g (1 chilli)
Dried lotus root	65g (½ cup)
Dried porcini mushroom	30g (½ cup)
Dried shiitake mushroom	15g (4 mushrooms)
Enoki mushroom	75g (1 cup)
Fennel bulb	75g (1/3 bulb)
Garlic	3g (1 clove)
Karela	42g (¾ cup sliced)
Leek bulb	75g (½ cup chopped)
Mange tout	75g (20 pods)
Peas	75g (½ cup)
Pickled artichokes	50g (¼ cup)
Portobello mushroom	75g (1 mushroom)
Red onion	75g (¾ onion)
Savoy cabbage	75g (1 cup)
Shallots	6g (1 shallot)
Shiitake mushroom	75g (4 mushrooms)
Snow peas	75g (22 pods)
Spring onion bulb	32g (1 stem)
Sugar snap peas	75g (25 pods)
Sweetcorn	75g (1 cob)
White onion	75g (¾ onion)

Fruits	Low FODMAP content
<i>Food item</i>	<i>Average portion size</i>
Banana (unripe)	100g (1 medium)
Breadfruit	192g (½ fruit)
Cantaloupe	150g (1 cup)
Carambola	94g (1 medium)
Clementine	86g (1 medium)
Cumquats	76g (4 fruits)
Dragon fruit	330g (1 medium)
Durian	150g (1 cup cubed)
Grapes	150g (1 cup)
Guava (ripe)	180g (2 medium)
Kiwi	150 (2 small)
Lemon juice	125g (½ cup)
Lime juice	250g (1 cup)
Mandarin	125g (2 small)
Orange	130g (1 medium)
Passionfruit	46g (2 fruits)
Paw paw	140g (1 cup chopped)
Pineapple	140g (1 cup chopped)
Plaintain	145g (1 medium peeled)
Rhubarb	150g (1 cup chopped)
Starfruit	94g (1 medium)
Strawberry	150g (10 medium chopped)
Tamarind	8g (4 fruits)
Tinned ackee	195g (1 cup)

Dried banana chips	30g (15 chips)
Shredded coconut	30g (½ cup)
Mixed peel	50g (1/3 cup)

Fruits	Medium FODMAP content
<i>Food item</i>	<i>Average portion size</i>
Boysenberry	24g (10 berries)
Coconut	96g (1 cup)

Fruit	High FODMAP content
<i>Food item</i>	<i>Average portion size</i>
Apple	200g (1 medium)
Apricot	70g (2 apricots)
Avocado	80g (½ whole avocado)
Banana (ripe)	100g (1 medium)
Blackberry	160g (2/3 cup)
Cherries	150g (1 cup/20 cherries)
Feijoa	100g (2 small)
Fresh figs	50g (1 medium)
Grapefruit	207g (1 medium)
Guava (unripe)	90g (1 medium)
Longan	140g (14 longans)
Lychee	150g (15 lychees)
Mango	140g (½ mango)
Honeydew melon	150g (1 large wedge or 1 cup)
Nectarine	150g (1 medium)
Peach	145g (1 medium)
Pear	170g (1 medium)
Persimmon	75g (1 whole fruit)
Plum	66g (1 plum)
Pomegranate	87g (½ cup seeds or 1 small)
Rambutan	96g (6 fruits)
Raspberry	135g (1 cup)
Tamarillo	140g (2 fruits)
Watermelon	150g (1 cup diced)
Dried apple	30g (8 rings)
Canned apricots	230g (1 cup)
Dried cranberries	30g (2 tbsp)
Currants	30g (2 tbsp)
Dates	30g (1 ½ dates)
Dried figs	30g (1 fig)
Dried goji berries	24g (2 tbsp)
Tinned guava	268g (1 cup)
Dried mango	20g (4 strips)
Dried paw paw	15g (3 pieces)
Canned peaches	80g (½ cup)
Dried pear	30g (6 pieces)
Dried pineapple	50g (2 pieces)
Prunes	30g (4 prunes)
Raisins	26g (2 tbsp)
Sultanas	30g (2 tbsp)

Starchy Carbohydrates	Medium FODMAP content
<i>Food item</i>	<i>Average portion size</i>
Buckwheat kernals	54g (¼ cup cooked)
Oat sourdough bread	52g (2 slices)
Puffed/popped rice	30g (1 cup)

Starchy Carbohydrates		Low FODMAP content
<i>Food item</i>	<i>Average portion size</i>	
Arrowroot flour	100g (2/3 cup)	
Buckwheat flakes	120g (1/2 cup cooked)	
Buckwheat flour	100g (2/3 cup)	
Chickpea pasta	100g (1 cup cooked)	
Corn bread	35g (1 slice)	
Corn flakes	50g (1 cup)	
Corn flour	100g (2/3cup)	
Gluten free bread	52g (2 slices)	
Gluten free flour	100g (2/3 cup)	
Gluten free pasta	145g (1 cup cooked)	
Hulled millet	184g (1 cup cooked)	
Kelp noodles	113g (1 cup)	
Maize flour	100g (2/3 cup)	
Millet flour	100g (2/3 cup)	
Nutritional yeast flakes	16g (1 tbsp)	
Oat bran	22g (2 tbsp)	
Oat groats	60g (1/4 cup)	
Oats	60g (1/2 cup uncooked)	
Polenta	225g (1 cup cooked)	
Potato starch	100g (2/3 cup)	
Quinoa	155g (1 cup cooked)	
Quinoa flakes	50g (1 cup uncooked)	
Quinoa flour	100g (2/3 cup)	
Quinoa pasta	155g (1 cup cooked)	
Rice	180g (1 cup cooked)	
Rice bran	16g (2 tbsp)	
Rice flakes	30g (1/4 cup)	
Rice flour	100g (2/3 cup)	
Rice noodles	220g (1 cup cooked)	
Soba noodles	90g (1/3 cup)	
Sorghum flour	100g (2/3 cup)	
Spelt sourdough bread	52g (2 slices)	
Tapioca starch	100g (2/3 cup)	
Teff flour	100g (2/3 cup)	

Rye sourdough bread	50g (2 slices)
Semolina	140g (1 cup cooked)
Spelt flakes	37g (1/4 cup uncooked)
Spelt flour	100g (2/3 cup)
Spelt pasta	148g (1 cup cooked)
Sprouted rye	95g (2/3 cup)
Wheat bran	10g (1 tbsp)
Wheat bread	68g (2 slices)
Wheat flour	100g (2/3 cup)
Wheat gnocchi	200g (1 cup cooked)
Wheat noodles	169g (1 cup cooked)
Wheat pasta	148g (1 cup cooked)
Whole wheat breakfast biscuits	30g (2 biscuits)
Wholewheat flour	100g (2/3 cup)

Plant-based dairy alternatives		Low FODMAP content
<i>Food item</i>	<i>Average portion size</i>	
Almond milk	240g/250ml (1 cup)	
Canned coconut milk (cooking)	60g (1/4 cup)	
Coconut milk powder	20g (1 tbsp)	
Coconut yoghurt	125g (1 small tub)	
Hemp milk	240g/250ml (1 cup)	
Macadamia milk	240g/250ml (1 cup)	
Quinoa milk	240g/250ml (1 cup)	
Rice milk	200g/200ml (3/4 cup)	
Soy cheese	40g (2 slices)	

Plant-based dairy alternatives		High FODMAP content
<i>Food item</i>	<i>Average portion size</i>	
Coconut milk with inulin	240g/250ml (1 cup)	
Oat milk	250g/250ml (1 cup)	
Soy milk	257g/250ml (1 cup)	
UHT coconut milk	240g/250ml (1 cup)	

Starchy Carbohydrates		High FODMAP content
<i>Food item</i>	<i>Average portion size</i>	
Almond meal	48g (1/2 cup)	
Aramanth	30g (3/4 cup)	
Aramanth flour	100g (2/3 cup)	
Barley flakes	47g (1/4 cup uncooked)	
Barley flour	100g (2/3 cup)	
Bourghal	88g (1/2 cup cooked)	
Chestnut flour	100g (2/3 cup)	
Coconut flour	100g 2/3 cup)	
Cous cous (wheat)	154g (1 cup cooked)	
Einkorn flour	100g (2/3 cup)	
Emmer flour	100g (2/3 cup)	
Freekah	88g (1/2 cup cooked)	
Lupin flour	100g (2/3 cup)	
Muesli	55g (1/2 cup)	
Naan/roti	100g (1 medium piece)	
Pearl barley	225g (1 cup cooked)	
Pumpernickel bread	100g (2 slices)	
Raisin toast	75g (2 slices)	
Rye bread	86g (2 slices)	
Rye flour	100g (2/3 cup)	

Nuts, seeds, and pulses		Medium FODMAP content
<i>Food item</i>	<i>Average portion size</i>	
Boiled lentils (green and red)	46g (1/2 cup)	
Canned chickpeas	84g (1/2 cup)	
Caraway seeds	10g (2 tsp)	
Garbanzo beans	84g (1/2 cup)	
Hazelnuts	30g (20 nuts)	

Nuts, seeds, and pulses		Low FODMAP content
<i>Food item</i>	<i>Average portion size</i>	
Agar agar	7g (1 agar stick)	
Brazil nuts	40g (10 nuts)	
Canned lentils	46g (1/2 cup)	
Chestnuts	168g (20 nuts)	
Chia seeds	24g (2 tbsp)	
Egg replacer	6g (1 tsp)	
Egusi seeds	24g (2 tbsp)	
Flax/linseeds	15g (1 tbsp)	
Hemp seeds	20g (2 tbsp)	
Macadamia	40g (20 nuts)	
Mixed nuts	36g (18 assorted nuts)	



Mung beans sprouted	95g (2/3 cup)
Peanuts	28g (32 nuts)
Pecan	28g (32 nuts)
Pine nuts	14g (1 tbsp)
Poppy seeds	24g (2 tbsp)
Pumpkin seeds	23g (2 tbsp)
Quorn mince	75g
Sesame seeds	11g (1 tbsp)
Sunflower seeds	6g (2 tsp)
Tempeh	100g (1 slice)
Tigernuts	20g (1 handful)
Tofu (firm)	160g (2/3 cup)
Urid dal	46g (1/2 cup)
Walnuts	30g (10 halves)

Nuts, seeds, and pulses	High FODMAP content
<i>Food item</i>	<i>Average portion size</i>
Adzuki beans	150g (1 cup)
Almonds	24g (20 nuts)
Baked beans	91g (1/2 cup)
Black beans	105g (1/2 cup)
Bortolli beans	91g (1/2 cup)
Broad beans	87g (1/2 cup)
Butter beans	85g (1/2 cup)
Cashews	30g (20 nuts)
Chana dal	92g (1/2 cup)
Falafel	100g (4 balls)
Fava beans	87g (1/2 cup)
Haricot beans	88g (1/2 cup)
Lentil burger	125g (1 patty)
Lima beans	79g (1/2 cup)
Mung beans	106g (1/2 cup)
Navy beans	88g (1/2 cup)
Pistachio	23g (30 nuts)
Red kidney beans	95g (1/2 cup)
Soy protein (TVP)	30g (1/2 cup)
Soya beans	85g (1/2 cup)
Split peas	90g (1/2 cup)
Tofu (silken)	150g (2/3 cup)

Beverages	Low FODMAP content
<i>Drink</i>	<i>Average portion size</i>
Coffee with low FODMAP milk or black	4g (2 heaped tsp)
Tea with low FODMAP milk or weak black	250g (250ml)
Brown rice protein	40g (2 tbsp)
Cocoa powder	8g (2 heaped tsp)
Pea protein	40g (2 tbsp)
Spirulina	8g (2 tsp)
Wheatgrass powder	3g (1 tsp)
Kvass	250g (1 cup)
Cranberry juice	210g/250ml (1 glass)
Dandelion tea	250g (250ml)
Green tea	250g (250ml)
Peppermint tea	250g (250ml)
White tea	250g (250ml)

Beer	377g (375ml/1 can)
Gin	29g (30ml)
Vodka	29g (30ml)
Whiskey	29g (30ml)
Red wine	149g (150ml)
Sparkling wine	149g (150ml)
White wine	149g (150ml)

Beverages	High FODMAP content
<i>Drink</i>	<i>Average portion size</i>
Fruit cordial (50-100% real juice)	30g (25ml diluted)
Carob powder	12g (2 heaped tsp)
Kombucha tea	250g (250ml)
Apple juice	210g (250ml/1 glass)
Coconut water	250g (250ml)
Orange juice	210g (250ml/1 glass)
Chai tea	250g (250ml)
Chamomile tea	250g (250ml)
Fennel tea	250g (250ml)
Oolong tea	250g (250ml)
Rum	29g (30ml)
Dessert wine	149g (150ml)

Condiments, herbs, and spices	Low FODMAP content
<i>Food item</i>	<i>Average portion size</i>
Wasabi paste	42g (2 tbsp)
Wasabi powder	5g (1 tsp)
Asian chives	80g (1 cup)
Fresh basil	16g (1 cup)
Bay leaves	1g (1 leaf)
Chives	4g (1 tbsp)
Fresh coriander	16g (1cup)
Fresh curry leaves	8g (1 cup)
Fresh dill	16g (1 cup)
Dried fenugreek leaves	16g (1 cup)
Gotukala	26g (1/2 bundle)
Kaffir lime leaves	1g (3 leaves)
Lemongrass	50g (1 stalk)
Fresh mint	90g (1 bundle)
Dried oregano	3g (1 tsp)
Fresh parsley	16g (1 cup)
Rampa leaves	2g (1 leaf)
Fresh rosemary	16g (1 cup)
Fresh sage	28g (1 bunch)
Tarragon	16g (1 cup)
Thai basil	80g (1 cup)
Fresh thyme	16g (1 cup)
Fresh watercress	80g (1 cup)
Capers salted/in vinegar	8g (1 tbsp)
Chutney	25g (1 tbsp)
Mustard	11g (1 tbsp)
Dijon mustard	23g (1 tbsp)
Miso paste	12g (2 tbsp)
Soy sauce	42g (2 tbsp)
Tomato paste	28g (2 tbsp)
Tomato sauce	13g (2 sachets)
Apple cider vinegar	42g (2 tbsp)



Malt vinegar	42g (2 tbsp)
Red wine vinegar	42g (2 tbsp)
Rice wine vinegar	42g (2 tbsp)
Worcestershire sauce	42g (2 tbsp)
All spice	2g (1tsp)
Asafoetida powder	2g (1tsp)
Cardamom	2g (1tsp)
Chilli powder	2g (1tsp)
Cinnamon	2g (1tsp)
Cloves	2g (1tsp)
Coriander seeds	2g (1tsp)
Cumin	2g (1tsp)
Curry powder	2g (1tsp)
Fennel seeds	2g (1tsp)
Fenugreek seeds	2g (1tsp)
Five spice	2g (1tsp)
Gorake	2g (1tsp)
Mustard seeds	2g (1tsp)
Nutmeg	2g (1tsp)
Paprika	2g (1tsp)
Black pepper	2g (1tsp)
Saffron	1g (1 packet)
Star anise	2g (1tsp)
Tumeric	2g (1tsp)
Vanilla pods	8g (2 pods)
Vanilla essence	20g (1 tbsp)
Almond butter	20g (1 tbsp)
Marmalade	40g (2 tbsp)
Strawberry jam	40g (2 tbsp)
Peanut butter	50g (2 tbsp)
Vegemite	6g (1 tsp)

Condiments, herbs, and spices	Medium FODMAP content
<i>Food item</i>	<i>Average portion size</i>
Balsamic vinegar	42g (2 tbsp)
Quince paste	27g (1 tbsp)

Condiments, herbs, and spices	High FODMAP content
<i>Food item</i>	<i>Average portion size</i>
Tahini paste	40g (2 tbsp)
Vegetable pickle	41g (2 tbsp)
Blueberry jam	20g (1tbsp)
Honey	28g (1 tbsp)
Mixed berry jam	40g (2 tbsp)

Please use these tables as a guide only. Exact weights may vary. \*FODMAP content information from Monash University and correct at time of production (February 2019). A low-FODMAP diet is a short-term intervention and should not be continued long-term without medical supervision.

The material in this leaflet is intended for educational purposes only. The content should not be construed as individual medical advice. If you have digestive symptoms such as bloat, abdominal pain or changes in your usual bowel habit, your first port of call should always be your own GP or family doctor. We strongly suggest that you see your doctor to talk through your symptoms, as there may be some simple and important tests required to reassure you and your doctor that an important medical diagnosis has not been missed.

The Happy Gut Course is 6-week culinary and educational course designed to improve your digestion and health. This course will provide you with practical advice, delicious recipes, easy to follow meal plans, and tutorials on to what to eat and why, plus on-line support from The Happy Gut Community and our team: Gastroenterologist, Dr Alan Desmond, Registered Dietitian, Rosie Martin, and best-selling authors and chefs, and founders of The Happy Pear, David and Stephen Flynn.

All the Happy Gut Course recipes are 100% plant-based and all the advice contained in the course modules is based firmly in the evidence. The meal-plans have been analysed for nutritional content and are dietician-approved.

The educational content covers the benefits of a whole food plant-based diet as well as modules on protein, calcium and vitamin B12, what supplements are recommended to get the most out of your plant-based diet and Steve and Dave's top tips for a happier life!

[www.happygutcourse.com](http://www.happygutcourse.com)

## Here are three of our favourite Happy Gut Recipes for you to try!

Each recipe has been designed to deliver all the gut-health benefits of a varied, plant-based diet while still being lower in FODMAPs. If you want to increase the size of your meal, you can bulk it out by adding any of the green-list foods to the recipe's recommended portion size.

### Quinoa and Flax Pancakes

Dairy-free, refined sugar-free and gluten-free, these beauties taste super! Dave makes these at least once a week for his daughters and they love them. Drizzle over some maple syrup, and serve with some berries, a tablespoon of coconut yogurt, and a teaspoon of almond butter for a yummy start to the day.

These can also be enjoyed as a snack during the day.

Makes 2 servings of 2 lower-FODMAP pancakes

#### **Ingredients:**

1 mug of buckwheat flour

1 mug of almond/oat milk of choice

pinch of salt

1/3 banana (not too ripe)

2 tbsp maple syrup

1 tsp baking powder

2 tbsp tahini

#### **Instructions:**

Blend all ingredients together in a blender or food processor until everything is smooth (if you have neither, use a fork, mash the banana up very well and then mix everything well in a bowl).

Put a non-stick pan/skillet on a high heat and give it a few minutes to heat up, you want a nice hot pan. Add one tablespoon of oil, move the pan around spreading the oil to cover most of the surface. Use a sheet of kitchen paper to mop up any extra oil, to minimise extra calories. You just want the tiniest cover of oil so that your pancakes won't stick to the pan.

Turn the heat down to medium high and pour in enough pancake mixture to have a thin coating on the surface of the pan. Cook for a few minutes until bubbles start to form on the top and the top starts to dry out and not look moist anymore.

Using a silicon spatula, turn the pancake and cook on the other side until golden.

Serving suggestion: Pour some coconut yogurt, fresh berries, and maple syrup on top

## Carrot, Coconut, Ginger and Lemongrass Soup

Serve this soup with a drizzle of coconut milk and toasted pumpkin seeds on top, for extra yumminess! If you can't source the lemongrass, just leave it out, it is a nice addition but not essential.

Makes 4 lower-FODMAP portions. Takes 50 minutes to make

### **Ingredients:**

600g carrots

1/3 of a celeriac (approx. 300g) (replace with potato if you cannot source)

2 tbsp oil

3 tsp salt

small thumb-sized piece fresh ginger

2 sticks fresh lemongrass (not essential if you can't find it)

1 x 400ml tin coconut milk

2 litres veg stock/water (ensure garlic/onion free)

1 bay leaf

1/2 a tsp black pepper

juice of 1 lime

### **Instructions:**

Preheat the oven to 180°C.

Finely chop the carrots. Peel and finely chop the celeriac.

Put the carrots and celeriac in an oven tray, coat them well with 2 tablespoons of oil and 2 teaspoons of salt. Bake the veg for 25-30 minutes in the preheated oven or until tender and soft.

Peel and grate the ginger and bruise the lemongrass with the back of your knife and tie a knot in it (to release its flavours).

In a large family-size pot, put the coconut milk, veg stock, crushed lemongrass, grated ginger, together with the bay leaf and black pepper. Mixing them all together, turn the heat up high. When it starts to boil, reduce the heat to a simmer.

Once the veg in the oven are baked, add carrot and celeriac to the pot. Cover with a lid and cook gently for 10 minutes, stirring occasionally.

Remove the pot from the heat, take out the knotted lemongrass and bay leaf, and blend the soup until smooth using a stick blender. If it seems a little thick, add a little water until it reaches your desired consistency.

Taste, and season with more salt and pepper if needed.

Serve with a squeeze of lime in each bowl.

## Spinach and Butterbean Curry

This is a simple and delicious butterbean curry that is quick to make! Garnish with some sesame seeds for an extra hit of flavour!

Makes 4 lower-FODMAP portions. Takes 10-15 minutes to make.

### **Ingredients:**

340g butterbeans

100g green beans

200g oyster mushrooms

2 tbsp tamari

1 bunch scallions (green part only)

1 red chilli

1 thumb-sized piece of ginger

100g baby spinach

1.5 tbsp curry powder

1 tsp ground cumin

160ml coconut milk

150ml water

1 x400ml tin of chopped tomatoes

juice of 1 lime

salt and pepper to taste

**Instructions:**

Peel and finely chop the ginger. Finely chop the scallion greens and the chilli (removing the seeds if you don't like spice), removing the white parts. Finely chop the oyster mushrooms and chop the green beans in half. Drain and rinse the butterbeans.

Put a large pan on a high heat, add 1 tablespoon of oil and leave to heat up. Add the ginger, chilli and the scallion greens and cook for 1-2 minutes stirring.

Add the mushrooms and the green beans and cook for 3 further minutes.

Add 2 tablespoons of tamari and cook for a further minute. Add all the remaining ingredients to the pan and bring to the boil.

Once boiled remove from the heat and taste and see if it needs any further seasoning.



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