



# CERTIFIED FODMAP FRIENDLY

## WHAT IS A LOW FODMAP DIET?

Many people are not familiar with FODMAPs or a low-FODMAP diet, but over the years it has emerged as one of the fastest growing diets as being an effective treatment for individuals in managing digestive symptoms related to IBS (Irritable Bowel Syndrome).

FODMAPs are naturally present in certain foods and a diet that contains a low amount of FODMAPs has been found to improve the control of IBS symptoms. Not only do FODMAPs trigger symptoms in people who suffer from IBS, but FODMAPs can also affect sufferers of celiac disease and Crohn's disease.



**1 IN 7**  
are affected by IBS\*

*\*Source: fodmapfriendly.com*

## WHAT ARE FODMAPS?

These short-chained carbohydrates are found naturally in many foods we eat. **FODMAP** is an acronym for:

Fermentable - broken down "fermented" by bacteria in the large intestine

Oligosaccharides - molecules made up from sugars joined in a chain

Disaccharides - a double sugar molecule

Monosaccharides - a single sugar molecule

And

Polyols - sugar alcohols



## CERTIFIED FODMAP FRIENDLY PRODUCTS

PRODUCT	SIZE	UPC
Baking Chocolate - Dark Chocolate Morsels	1 tbsp. (15 g)	819597010213
Baking Chocolate - Semisweet Mega Chunks	1 tbsp. (15 g)	853522000313
Baking Chocolate - Semisweet Mini Chips	1 tbsp. (15 g)	853522000306
Breakfast Ovals - Chocolate Chip & Banana	1 bar (50g)	819597012705
Breakfast Ovals - Berry Medley	1 bar (50g)	819597012712
Breakfast Ovals - Fig & Maple Flavour	1 bar (50g)	819597012729
Chewy Bars - Cocoa Loco	1 bar (33 g)	819597011449
Chocolate Bars - Dark	1 bar (32 g)	853522000726
Chocolate Bars - Ricemilk	1 bar (32 g)	853522000702
Crunchy Cookies - Chocolate Chip	2 cookies (26 g)	853522000863
Crunchy Cookies - Double Chocolate	2 cookies (26 g)	853522000870
Crunchy Mini Cookies - Chocolate Chip	1 pouch (28 g)	819597010718
Crunchy Mini Cookies - Double Chocolate	1 pouch (28 g)	819597010725
Energy Bites - Cinnamon Chipotle	3 pieces (36 g)	819597012002
Energy Bites - Dark Chocolate & Raspberry	3 pieces (36 g)	853522000924
Energy Bites - Dipped Banana	3 pieces (36 g)	853522000931
Energy Bites - Dipped Banana	4 pieces (48g)	819597012484
Soft Baked Mini Cookies - Snickerdoodle	1 pouch (28 g)	819597010800

Enjoy Life Foods products are certified by The FODMAP Friendly Food Program. The FODMAP Friendly logo is the only registered certification trademark worldwide certifying FODMAP levels in food products that have been laboratory tested to be low in FODMAPs. It is designed to enable consumers with symptoms of Irritable Bowel Disease (IBS) who are following a Low FODMAP diet to easily identify and select suitable packaged food products.

*For more information, visit [www.fodmapfriendly.com](http://www.fodmapfriendly.com)*