LOW FODMAP APPROACH HELPS SUPPORT DIGESTIVE COMFORT WITHIN THE MEDITERRANEAN DIET

The Mediterranean diet offers major health benefits but can trigger digestive issues. A Low FODMAP approach helps reduce discomfort while maintaining balance.

NEW YORK, NY, UNITED STATES, January 9, 2026 /EINPresswire.com/ -- Gut-friendly eating meets the world's healthiest diet for a delicious, symptom-free lifestyle

Gut health is finally being recognized for the critical role it plays in overall wellbeing, and Low FODMAP is at the center of the conversation. While the Mediterranean diet is widely celebrated for its heart-healthy fats, fiber, lean proteins, and polyphenols, for many people it can still trigger bloating, cramping, and other digestive discomfort. That's because foods commonly included in the Mediterranean diet, such as onions, garlic, beans, lentils, wheat, or fatty foods, are high in FODMAPs -- short-chain carbohydrates that ferment quickly in the gut and can cause symptoms in sensitive individuals.

Eating Low FODMAP while following the Mediterranean diet removes these triggers without sacrificing the diet's nutritional benefits. Gut-friendly options include leafy greens, zucchini, eggplant, tomatoes, cucumbers, citrus, berries, quinoa, fish, nuts, and olive oil. Flavor is enhanced with herbs, spices, citrus, and garlic-infused oils rather than whole garlic or onions.

"People are often surprised that they can follow the Mediterranean diet and still struggle with digestion," said Tim Mottin, Director of FODMAP Friendly, the world's leading Low FODMAP certification. "By removing high-FODMAP foods while keeping the Mediterranean approach, we see less bloating, better digestion, and far greater consistency in results."

The benefits of the Mediterranean diet for overall health and the effectiveness of Low FODMAP eating for digestive relief combine to offer a complementary approach that supports both wellness and gut comfort. While the two have rarely been studied together, nutrition experts agree they are highly compatible and can be successfully combined. Prioritizing low FODMAP foods within the Mediterranean diet allows people to improve gut comfort without sacrificing taste or nutrition, letting the diet work with the gut rather than against it.

"Low FODMAP is about living without fear of food," said Mottin. "Just as going gluten-free changed how we shop and dine for those with celiac, Low FODMAP empowers people with IBS

and other digestive issues to enjoy the foods they love while managing digestive symptoms effectively."

To learn more about Live Low FODMAP and the group of organizations and brands making Low FODMAP foods easier to recognize and enjoy, visit LiveLowFODMAP.com.

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EDITOR'S NOTE: For more information about Live Low FODMAP and to arrange to speak with expert sources, please contact Nancy Trent or Pamela Wadler at 212-966-0024 or pam@trentandcompany.com.

Nancy Trent
Trent and Company, Inc.
email us here

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