

# FODMAP Friendly Certified

December 11, 2017

In 2017, Green Valley Creamery became the first real dairy brand to be [certified as FODMAP Friendly](#). Because our dairy products don't contain lactose—a disaccharide that many Americans have trouble digesting—they are naturally safe to eat for people who are following a low-FODMAP diet and trying to minimize uncomfortable IBS-type digestive symptoms.



## What are FODMAPs?

FODMAP is a scientific acronym that stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols, which are poorly-absorbed carbohydrates that ferment in the gut causing gas, bloating and uncomfortable IBS-type symptoms. A low-FODMAP diet is recognized by doctors and dietitians as one of the [most effective treatments for IBS](#), which affects an estimated one-in-seven Americans. Because Green Valley Creamery dairy products don't contain lactose—a disaccharide that many Americans have trouble digesting—they are safe to eat for those following a low-FODMAP diet.

## What is FODMAP Friendly Certified?

Products that carry the FODMAP Friendly certified logo have been independently tested to take the stress and difficulty out of reading ingredient labels. Without the convenience of this third-party testing, many people trying to go low-FODMAP have to decode ingredients and decipher if the product is in fact FODMAP Friendly.

Starting in June, 2018, you'll be able to find the green FODMAP Friendly logo on our products, giving peace-of-mind to consumers who would like to enjoy the great taste and nutritional benefits of real dairy.

### **Which Products are FODMAP Friendly Certified?**

All of our products are now certified FODMAP Friendly, except for the 6oz. peach lowfat yogurt. This includes our full list of whole milk yogurts, low fat yogurts, whole milk kefir, lowfat kefir, cream cheese, sour cream, and of course our rich and creamy cultured butter.

#### **Yogurt**

- Lowfat Plain Yogurt
- Lowfat Vanilla Yogurt
- Lowfat Blueberry Yogurt
- Lowfat Strawberry Yogurt
- Whole Milk Plain Yogurt

#### **Kefir**

- Lowfat Plain Kefir
- Lowfat Blueberry Pomegranate Açai Kefir
- Whole Milk Plain Kefir
- Whole Milk Strawberry Kefir
- Whole Milk Blueberry Kefir

#### **Cream Products**

- Cream Cheese
- Sour Cream
- Cottage Cheese

#### **Further Reading**

For more detailed information about FODMAP Friendly certification and the low FODMAP diet, please see the links below.

- [More about FODMAP Friendly certification](#)
- [What is the low FODMAP diet?](#)
- [FODMAPs 101 \[PDF Download\]](#)
- [Low FODMAP shopping list](#)