

Low FODMAP Diet - FODMAP Foods

A low FODMAP diet may help people with gastrointestinal problems like bloating, gas, or irritable bowel syndrome (IBS). High and Low FODMAP Foods listed below.

Foods to Avoid			Foods to Enjoy		
Excess Fructose <ul style="list-style-type: none">• Fruit: apple, mango, nashi, pear, canned fruit in natural juice, watermelon.• Sweeteners: fructose, high fructose corn syrup, corn syrup, honey.• Concentrated fructose: concentrated fruit, large servings of fruit, dried fruit, fruit juice.	Fructans <ul style="list-style-type: none">• Asparagus• Beetroot• Broccoli• Brussels sprouts• Cabbage• Eggplant• Fennel• Garlic• Leek• Okra• Onion (all)• Shallots• Cereals: wheat and rye in large amounts (e.g. bread, crackers, cookies, couscous, pasta)• Fruit: custard apple, persimmon, watermelon• Misc: chicory, dandelion, inulin	Polyols <ul style="list-style-type: none">• Apple• Apricot• Avocado• Blackberry• Cherry• Lychee• Nashi• Nectarine• Peach• Pear• Plum• Prune• Watermelon• Vegetables: Green bell pepper, mushroom, sweet corn• Sweeteners: sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)	Fruit <ul style="list-style-type: none">• Banana• Blueberry• Boysenberry• Canteloupe• Cranberry• Durian• Grape• Grapefruit• Honeydew melon• Kiwi• Lemon• Lime• Mandarin• Orange• Passionfruit• Pawpaw• Raspberry• Rhubarb• Rockmelon• Star anise• Strawberry• Tangelo	Vegetables <ul style="list-style-type: none">• Alfalfa• Artichoke• Bamboo shoots• Beat shoots• Bok choy• Carrot• Celery• Choko• Choy sum• Endive• Ginger• Green beans• Lettuces• Olives• Parsnip• Potato• Pumpkin• Red bell pepper• Silver beet• Spinach• Summer squash (yellow)• Swede• Sweet potato• Taro• Tomato• Turnip• Yam• Zucchini	Starch <ul style="list-style-type: none">• Gluten free bread or cereal products• 100% spelt bread• Rice• Oats• Polenta• Other: arrowroot, millet, psyllium, quinoa, sorghum, tapioca
Lactose <ul style="list-style-type: none">• Milk: milk from cows, goats, or sheep.• Custard, ice cream• Yogurt• Cheese: soft, unripened cheeses like cottage, cream, mascarpone, ricotta	Galactans <ul style="list-style-type: none">• Legumes: Beans, baked beans, chickpeas, kidney beans, lentils		Misc <ul style="list-style-type: none">• Sweeteners - sucrose, glucose, artificial sweeteners not ending in "-ol", and sugar in small quantities• Honey substitutes - small quantities of golden syrup, maple syrup, molasses, and treacle		Dairy <ul style="list-style-type: none">• Milk - lactose-free milk, oat milk, rice milk, soy milk (check for additives)• Cheeses - hard cheeses, brie, and camembert• Yogurt (lactose free)• Ice cream substitutes - gelati, sorbet• Butter substitutes (e.g. olive oil)





