

FODMAP foods to avoid or limit

FRUIT

Apples, apricots, cherries, mango, pears, nectarines, peaches, plums, prunes, watermelon and high concentrations of fructose from canned fruit, dried fruit or fruit juice



VEGETABLES

Artichokes, asparagus, avocado, beets, broccoli, brussel sprouts, cabbage, cauliflower, garlic (in large quantity), fennel, leeks, mushrooms, okra, onions, peas, radicchio, lettuce, scallions (white parts), shallots, sugar snap peas, snow peas

LEGUMES

Baked beans, chickpeas, lentils, kidney beans, soy beans



SWEETENERS

Honey, fructose, high fructose corn syrup, isomalt, maltitol, mannitol, sorbitol, xylitol

LACTOSE-CONTAINING FOODS

Custard, ice cream, margarine, milk (cow, goat, sheep), soft cheese (including cottage cheese and ricotta), yogurt

GRAINS

wheat or rye in large amounts, eg. bread, crackers, cookies, cous cous, pasta

Suitable foods for a Low-FODMAP diet

FRUIT

Banana, blueberry, grapefruit, grapes, honeydew melon, kiwi, lemon, lime, mandarin oranges, orange, raspberry, strawberry



VEGETABLES

Bell peppers, bok choy, carrots, celery, corn, eggplant, green beans, lettuce, parsnips, scallions (green parts only) spinach, sweet potato, white potato, tomato

STAPLES

Meats, fats, eggs

SWEETENERS

Artificial sweeteners that do not end in "ol," glucose, maple syrup, sugar (sucrose)



LACTOSE ALTERNATIVES

Butter, hard cheese, brie and camembert, lactose-free products, such as lactose-free ice cream and yogurt, gelato, rice milk & sorbet

GRAINS

Oats, gluten-free products & spelt products