

Low FODMAP Diet

A low FODMAP diet may help people with gastrointestinal problems like bloating, gas, or irritable bowel syndrome (IBS).

Avoid			Enjoy		
<p>Excess Fructose</p> <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. 	<p>Fructans</p> <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 	<p>Polyols</p> <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) 	<p>Fruit</p> <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 	<p>Vegetables</p> <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 	<p>Starch</p> <ul style="list-style-type: none"> • Gluten free bread or cereal products • 100% spelt bread • Rice • Oats • Polenta • Other: arrowroot, millet, psyllium, quinoa, sorgum, tapioca
<p>Lactose</p> <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 	<p>Galactans</p> <ul style="list-style-type: none"> • Legumes: Beans, baked beans, chickpeas, kidney beans, lentils 	<p>Misc</p> <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 	<p>Dairy</p> <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) 		

