

LOW-FODMAP-DIET

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 Cantaloupe 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) 		

