

# Low FODMAP Diet

## Eat Low FODMAP

## Avoid High FODMAP

### Vegetables

bamboo shoots, bell peppers, bok choy, cucumbers, carrots, celery, corn, eggplant, kale, lettuce, leafy greens, parsnip, pumpkin, potatoes, sweet potato, squash, yams, (butternut, winter), tomatoes, turnip, zucchini

artichokes, asparagus, beets, leeks, broccoli, brussel sprouts, cabbage, cauliflower, fennel, lentils, green beans, mushrooms, okra, snow peas, summer squash

### Fruit

bananas (unripe), berries, cantaloupe, grapes, grapefruit, honeydew, kiwi, kumquat, lemon, lime, mandarin, orange, passion fruit, pineapple, rhubarb, tangerine

avocado, apples, applesauce, apricots, dates, canned fruit, cherries, dried fruits, figs, guava, lychee, mango, nectarines, pears, papaya, peaches, plums, prunes, persimmon, watermelon

### Grains

wheat free grains/wheat free flours (gluten free grains are wheat free): bagels, breads, hot/cold cereals (corn flakes, cheerios, cream of rice, grits, oats, etc), crackers, noodles, pastas, quinoa, pancakes, pretzels, rice, tapioca, tortillas, waffles

chicory root, inulin, grains with HFCS or made from wheat (terms for wheat: einkorn, emmer, kamut, spelt), wheat flours (terms for wheat flour: bromated, durum, enriched, farina, graham, semolina, white flours), flour tortillas, rye

### Meats

beef, chicken, canned tuna, eggs, egg whites, fish, lamb, pork, shellfish, turkey

foods made with high FODMAP fruit sauces or with HFCS

### Dairy

lactose free dairy, **small amounts of:** feta, cream cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss), mozzarella, sherbet

butter, chocolate, cottage cheese, ice cream, creamy/cheesy sauces, milk (from cow, sheep or goat), sweetened condensed milk, evaporated milk, soft cheeses (brie, ricotta), sour cream, whipped cream, yogurt, cottage cheese, mascarpone cheese

### Non-Dairy Alternatives

almond milk, rice milk, rice milk ice cream, nuts, nut butters, seeds, almonds, chestnuts, hazelnuts, macademia nuts, peanuts, pecans, poppy seeds, pumpkin seeds, walnuts

coconut milk, coconut cream, beans, black eyed peas, hummus, lentils, pistachios, soy products, cashews, kidney beans, borlotti beans, baked beans, legume beans

### Seasonings, Condiments

most spices and herbs, homemade broth, butter, chives, flaxseed, garlic flavored oil, garlic powder, olives, margarine, mayonnaise, onion powder, olive oil, pepper, salt, sugar, maple syrup without HFCS, mustard, low FODMAP salad dressings, soy sauce, marinara sauce (small amounts), vinegar, balsamic vinegar

HFCS, agave, chutneys, coconut, garlic, honey, jams, jellies, molasses, onions, pickle, relish, high FODMAP fruit/vegetable sauces, salad dressings made with high FODMAPs, artificial sweeteners: sorbitol, mannitol, isomalt, xylitol (cough drops, gums, mints)

Fermentable

Oligosaccharides (Fructans and GOS - Not absorbed by anyone.)

Disaccharides (Lactose)

Monosaccharides (Fructose in excess of glucose)

And

Polyols (Sorbitol, Mannitol, Maltitol, Xylitol and Isomalt)