

FODMAPs

Safe Low FODMAP Foods	High FODMAP Foods to Eliminate
Vegetables & Legumes	Garlic
Bamboo shoots	Onions
Bean sprouts	Aparagus
Broccoli (3/4 cup)	Beans e.g. black, broad, kidney, lima, soya
Cabbage, common and red (3/4 cup)	Cauliflower
Carrots	Cabbage, savoy
Celery (less than 5cm stalk)	Mange tout
Chick peas (1/4 cup max)	Mushrooms
Corn (1/2 cob max)	Peas
Courgette / Zucchini (65g)	Scallions / spring onions (white part)
Cucumber	
Eggplant (1 cup)	
Green beans	
Green pepper (1/2 cup)	
Kale	
Lettuce e.g. Butter, iceberg, rocket	
Parsnip	
Potato	
Pumpkin	
Red peppers	
Scallions / spring onions (green part)	
Squash	
Sweet potato (1/2 cup)	
Tomatoes (1 small)	
Turnip (1/2 turnip)	
Fruit	
Bananas, unripe (1 medium)	Apples
Blueberries (1/4 cup)	Apricot
Cantaloupe (3/4 cup)	Avocado
Cranberry	Bananas, ripe
Clementine	Blackberries
Grapes	Grapefruit
Melons e.g. Honeydew, Galia (1/2 cup)	Mango
Kiwifruit (2 small)	Peaches
Lemon	Pears
Orange	Plums
Pineapple	Raisins
Raspberry (30 berries)	Sultanas
Rhubarb	Watermelon
Strawberry	
Meat & Substitues	
Beef	Sausages (check ingredients)
Chicken	Processed meat (check ingredients)
Lamb	
Pork	
Quorn mince	

Safe Low FODMAP Foods	High FODMAP Foods to Eliminate
Cold cuts e.g. Ham and turkey breast	
Breads, Cereals, Grains, & Pasta	
Oats	Barley
Quinoa	Bran
Gluten free foods e.g. breads, pasta	Cous cous
Savory biscuits	Gnocchi
Buckwheat	Granola
Chips / crisps (plain)	Muesli
Cornflour	Muffins
Oatmeal (1/2 cup max)	Rye
Popcorn	Semolina
Pretzels	Spelt
Rice e.g. Basmati, brown, white	Wheat foods e.g. Bread, cereal, pasta
Tortilla chips	
Nuts & Seeds	
Almonds (max of 10)	Cashews
Chestnuts	Pistachio
Hazelnuts	
Macademia nuts	
Peanuts	
Pecans (10 halves)	
Poppy seeds	
Pumpkin seeds	
Sesame seeds	
Sunflower seeds	
Walnuts	
Milk	
Almond milk	Cow milk
Lactose free milk	Goat milk
Rice milk	Sheep's milk
Soya milk	Soy milk made with soy beans
Coconut milk (limited)	
Hemp milk (limited)	
Oat milk (limited)	
Dairy & Eggs	
Butter	Buttermilk
Dark chocolate (5 squares)	Cream
Eggs	Custard
Milk chocolate (4 squares max)	Greek yoghurt
White chocolate (3 squares max)	Ice cream
	Sour cream (over 2tbsp)
	Yoghurt
Cheese	
Brie	Cream cheese (over 2tbsp)

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Camembert	Ricotta cheese
Cheddar	
Cottage cheese	
Feta	
Mozzarella	
Parmesan	
Swiss	
Condiments	
Barbeque sauce (check ingredients)	Hommus dip
Chutney (1 tbsp max)	Jam (mixed berries)
Garlic infused oil	Pasta sauce (cream based)
Golden syrup (1 tsp)	Relish
Strawberry and raspberry jam / jelly	Tzatziki
Mayonnaise	
Mustard	
Soy sauce	
Tomato sauce	
Sweeteners	
Sugar / sucrose	Agave
Aspartame	High Fructose Corn Syrup (HFCS)
Acesulfame K	Honey
Glucose	Inulin
Saccharine	Isomalt
Stevia	Maltitol
Sucralose	Mannitol
	Sorbitol
	Xylitol
Drinks	
Coffee, black	Apple juice
Drinking chocolate powder	Pear juice
Herbal tea (weak)	Mango juice
Orange juice (125ml max)	Sodas with HFCS
Peppermint tea	Fennel tea
Water	Herbal tea (strong)
Wine (one max)	
Beer (one max)	