## **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	
Grapes	Blackberries
·	Blackberries Grapefruit
Melons e.g. Honeydew, Galia (1/2 cup)	
	Grapefruit
Melons e.g. Honeydew, Galia (1/2 cup)	Grapefruit Mango
Melons e.g. Honeydew, Galia (1/2 cup)  Kiwifruit (2 small)	Grapefruit Mango Peaches
Melons e.g. Honeydew, Galia (1/2 cup)  Kiwifruit (2 small)  Lemon	Grapefruit Mango Peaches Pears
Melons e.g. Honeydew, Galia (1/2 cup)  Kiwifruit (2 small)  Lemon  Orange	Grapefruit  Mango  Peaches  Pears  Plums
Melons e.g. Honeydew, Galia (1/2 cup)  Kiwifruit (2 small)  Lemon  Orange  Pineapple	Grapefruit  Mango  Peaches  Pears  Plums  Raisins
Melons e.g. Honeydew, Galia (1/2 cup)  Kiwifruit (2 small)  Lemon  Orange  Pineapple  Raspberry (30 berries)	Grapefruit  Mango Peaches Pears Plums Raisins Sultanas
Melons e.g. Honeydew, Galia (1/2 cup)  Kiwifruit (2 small)  Lemon  Orange  Pineapple  Raspberry (30 berries)  Rhubarb	Grapefruit  Mango  Peaches  Pears  Plums  Raisins  Sultanas
Melons e.g. Honeydew, Galia (1/2 cup)  Kiwifruit (2 small)  Lemon  Orange  Pineapple  Raspberry (30 berries)  Rhubarb	Grapefruit  Mango Peaches Pears Plums Raisins Sultanas Watermelon
Melons e.g. Honeydew, Galia (1/2 cup)  Kiwifruit (2 small)  Lemon  Orange  Pineapple  Raspberry (30 berries)  Rhubarb  Strawberry	Grapefruit  Mango Peaches Pears Plums Raisins Sultanas
Melons e.g. Honeydew, Galia (1/2 cup)  Kiwifruit (2 small)  Lemon  Orange  Pineapple  Raspberry (30 berries)  Rhubarb  Strawberry  Meat & Substitues	Grapefruit  Mango Peaches Pears Plums Raisins Sultanas Watermelon
Melons e.g. Honeydew, Galia (1/2 cup)  Kiwifruit (2 small)  Lemon  Orange  Pineapple  Raspberry (30 berries)  Rhubarb  Strawberry  Meat & Substitues  Beef	Grapefruit  Mango Peaches Pears Plums Raisins Sultanas Watermelon  Sausages (check ingredients)
Melons e.g. Honeydew, Galia (1/2 cup)  Kiwifruit (2 small)  Lemon  Orange  Pineapple  Raspberry (30 berries)  Rhubarb  Strawberry  Meat & Substitues  Beef  Chicken	Grapefruit  Mango Peaches Pears Plums Raisins Sultanas Watermelon  Sausages (check ingredients)

Case of Breads, Geneals, Grains, A Pasta         Image: Case of Breads, Geneals, Grains,	Safe Low FODMAP Foods	High FODMAP Foods to Eliminate
Outs         Bartey           Outroe         Bran           Cluther free facods e.g. breads, pasta         Cours cous           Savory blacuits         Concebh           Buckwheat         Gracebh           Cormfour         Muffins           Cermfour         Muffins           Percent         Semolina           Proporm         Semolina           Rice e.g. Barnati, brown, white         Wheat foods e.g. Bread, cereal, pasta           Tortilat chips         Viveat foods e.g. Bread, cereal, pasta           Almonds (max of 10)         Cashews           Almonds (max of 10)         Cashews           Chestratus         Platachlo           Hazeehuts         Platachlo           Hazeehuts         Platachlo           Hazeehuts         Platachlo           Peacars (10 habes)         Platachlo           Sesame seeds         Platachlo           Wallrows         P	Cold cuts e.g. Ham and turkey breast	
Outs         Bartey           Outroe         Bran           Cluther free facods e.g. breads, pasta         Cours cous           Savory blacuits         Concebh           Buckwheat         Gracebh           Cormfour         Muffins           Cermfour         Muffins           Percent         Semolina           Proporm         Semolina           Rice e.g. Barnati, brown, white         Wheat foods e.g. Bread, cereal, pasta           Tortilat chips         Viveat foods e.g. Bread, cereal, pasta           Almonds (max of 10)         Cashews           Almonds (max of 10)         Cashews           Chestratus         Platachlo           Hazeehuts         Platachlo           Hazeehuts         Platachlo           Hazeehuts         Platachlo           Peacars (10 habes)         Platachlo           Sesame seeds         Platachlo           Wallrows         P		
Quinca         Bran           Cluten tree foods e.g. breeds, paeta         Cous cous           Showny beauties         Genochs           Buckwheat         Cranota           Chips / roises (slatin)         Muffins           Oatmeal (1/2 cup max)         Rye           Popcom         Semolina           Protectes         Speet           Rice e.g. Barradi, brown, white         Wheat foods e.g. Bread, creed, pasta           Tortila chips         Tortila chips           All monds (max of 10)           Chesthouts         Pstachio           Hazariura         Pstachio           Hazariura         Pstachio           Hazariura         Peramuts           Peramuts         Peramuts           Number seeds         Purplement of the peramuts           Number seeds         Purplement of	Breads, Cereals, Grains, & Pasta	
Gitter free foods e.g. breads, pasta         Cous cous           Savory isbouts         Cancol           Savory pistouts         Cancol           Chiga / crispe (plain)         Museli           Control         Museli           Control         Piye           Pococon         Semolina           Pretzais         Spat           Rice ag, Barmati, brown, white         Spat           Ontills chips         Pistatodos e.g. Bread, cereal, pasta           Totalis chips         Pistatodos e.g. Bread, cereal, pasta           Almonds (max of 10)         Cashews           Chestruds         Pistatohio           Macademia nuts         Pistatohio           Pearus 10 haben)         Pistatohio           Poopy seeds         Pistatohio           Pumpkin seeds         Pistatohio           Seame seeds         Pistatohio           Walnuts         Pistatohio           Almond milk         Cow milk           Lactores fee milk         Cow milk           Rice milk         Soy milk           Soy and R         Soy milk           Coronat milk (limited)         Pistatohio           Polity & Eggs         Buttermilk           Butter milk         Cinetic choc	Oats	Barley
Secony bisouts         Gracela           Buckwheat         Granda           Buckwheat         Granda           Control         Mutell           Control         Mutell           Control (1/2 cup max)         Fye           Oppoorn         Semolina           Protzols         Spok           Rice og., Bismath, brown, white         Wheat foods og., Braud, cereal, pasta           Onlid chips         Cashews           Nuts & Seed         Brach (cereal, pasta)           Almonds (max of 10)         Cashews           Cheatmus         Patschio           Cheatmus         Patschio           Cheatmus         Patschio           Cheatmus         Patschio           Macademia ruts         General           Pecaruts         Patschio           Pecaruts         Percent           Pecaruts (10 halves)         Percent           Poppy seeds         Percent           Sesame seeds         Percent           Surfrown seeds         Percent           Maintel         Gov milk           Lactose free milk         Gov milk           Lactose free milk         Gov milk           Rice remilk (limited)         Gov milk	Quinoa	Bran
Buckwheat         Canola           Chips / cryss plain)         Muesil           Commour         Muffins           Carmeal (1/2 cup max)         Fye           Popcon         Semilina           Pretzels         Speil           Rice sq. Basmati, brown, white         Wheat foods sq. Bread, cereal, pasta           Torilla chips         Amonds (max of 10)         Cashews           Almonds (max of 10)         Cashews           Chestmus         Pastachio           Hazarnus         Pastachio           Macademia nuts         Pastachio           Pecans (10 haives)         Pastachio           Poppy seeds         Part (10 haives)           Poppy seeds         Part (10 haives) <tr< td=""><td>Gluten free foods e.g. breads, pasta</td><td>Cous cous</td></tr<>	Gluten free foods e.g. breads, pasta	Cous cous
Chips / crisps (plain)         Museli           Comfour         Muffins           Contamed (1/2 cup max)         Per           Popcorn         semolina           Potaclos         Spot           Rice e.g. Basmati, brown, white         What foods e.g. Bread, cereal, pasta           Torlidia chips         What foods e.g. Bread, cereal, pasta           Almonds (max of 10)         Cashews           Almonds (max of 10)         Cashews           Chesthuts         Place (place)           Hazarbuts         Place (place)           Macademia nuts         Place (place)           Peanuts         Place (place)           Peanuty         Place (place)           Almond milk         Quality           Almond milk (mitted)         Quality     <	Savory biscuits	Gnocchi
Controsof (1/2 cup max)         Multines           Outmost (1/2 cup max)         Fye           Opporon         Samolina           Fretzels         Spet           Rico e.g. Basmati, brown, white         Wheat foods e.g. Bread, cereal, pasta           Tortila chips         Wheat foods e.g. Bread, cereal, pasta           Nuts & Seeds         Almonds (max of 10)           Constructs         Petachio           Hazeinuts         Petachio           Hazeinuts         Petachio           Peanuts         Petachio           Peanuts         Petachio           Peanuts         Peanuts           Pepply seeds         Perply seeds           Pumpkin seeds         Perply seeds           Sunflower seeds         Perply seeds           Walnuts         Perply seeds           Sunflower seeds         Perply seeds           Sunflower seeds         Sunflower seeds           Hour milk         Perply seeds <t< td=""><td>Buckwheat</td><td>Granola</td></t<>	Buckwheat	Granola
Outroes (1/2 cup max)         Fye           Popcorn         Sept           Pretzels         Spet           Rice e.g. Basmatt, brown, white         Wheat foods e.g. Bread, cereal, pasta           Tortilla chips         Nuts & Seeds           Almonds (max of 10)         Cashews           Chestruts         Petachio           Hazeinus         Petachio           Hazeinus         Petachio           Pearus         Petachio           Multistanta         Petachio           Multistanta         Petachio	Chips / crisps (plain)	Muesli
Popcon         Senolina           Pretzele         Spet           Rice e.g. Basmati, brown, white         Wheat foods e.g. Bread, cereal, pasta           Torilla crips         Nuts & Seeds           Nuts (max of 10)         Cashews           Chestruds         Pistarbio           Macademia nuts         Image: Peanuts           Peanuts         Image: Peanuts           Peanuts         Image: Peanuts           Popps seeds         Image: Peanuts           Popps seeds         Image: Peanuts           Symptom seeds         Image: Peanuts           Sunflower seeds         Image: Peanuts           Walnuts         Image: Peanuts           Almond milk         Commit will research image: Peanuts           Almond milk         Commit will research image: Peanuts           Soy milk         Soy milk made with soy beans           Cocount milk (finited)         Image: Peanuts           Peanuts         Peanuts           Dairy & Egg         Peanuts           Butter         Buttermilk           Dairy & Egg         Peanuts           Peanuts         Peanuts           Peanuts         Peanuts           Peanuts         Peanuts           Peanuts	Cornflour	Muffins
Pretzels         Spiett           Rice e.g. Basnatt, brown, white         Wheat foods e.g. Bread, cereal, pasta           Tortlla chips         Kuts & Seeds           Number (max of 10)         Cashews           Chestnuts         Pastachio           Macademia nuts         Image: Pastachio           Peanuts         Image: Pastachio           Pocans (10 halves)         Image: Pastachio           Poppy seeds         Image: Pastachio           Pumpkin seeds         Image: Pastachio           Sesame seeds         Image: Pastachio           Sunflower seeds         Image: Pastachio           Maints         Image: Pastachio </td <td>Oatmeal (1/2 cup max)</td> <td>Rye</td>	Oatmeal (1/2 cup max)	Rye
Rice e.g. Basmath, brown, white         Wheat foods e.g. Bread, cereal, pasta           Tortilla chips         Wheat foods e.g. Bread, cereal, pasta           Nuts & Seeds         Almonds (max of 10)         Cashews           Cheatruds         Platachio           Hazerius         Platachio           Peanuts         Peanuts         Peanuts           Peanuts         Peanuts         Peanuts           People seeds         Peanuts         Peanuts           Pumpkin seeds         Peanuts         Peanuts           Sunflower seeds         Peanuts         Peanuts           Mainuts         Peanuts         Peanuts           Milk         Peanuts         Peanuts           Almond milk         Cow milk         Peanuts           Almond milk         Cow milk         Peanuts           Soy amik         Soy milk         Soy milk made with soy beans           Cocorut milk (limited)         Soy milk made with soy beans           Octorut milk (limited)         Peanuts         Peanuts           Out milk (limited)         Peanuts         Peanuts           Dark chocolate (5 squares)         Peanuts         Peanuts           Butter         Peanuts         Peanuts           Butter	Popcorn	Semolina
Torvilla chips         Invita Seeds           Nits As Seeds         Cashews           Almonds (max of 10)         Cashews           Chestruts         Petachio           Hazerius         Invita Cashemia Cashemi	Pretzels	Spelt
Nuts & Seeds         Chestruits         Pétachio           Hazeinuts         Pétachio           Macademia nuts         -           Peanuts         -           Peanuts (In balves)         -           Poens (10 balves)         -           Porppy seeds         -           Pumpkin seeds         -           Seans eseds         -           Sunflower seeds         -           Valuts         -           Almond milk         -           Almond milk         Cow milk           Actoose fee milk         Soat milk           Rice milk         Soepps milk           Soy milk         Soy milk made with soy beans           Coconut milk (limited)         Soy milk made with soy beans           Coconut milk (limited)         Soy milk made with soy beans           Coconut milk (limited)         Soy milk made with soy beans           Coconut milk (limited)         Soy milk made with soy beans           Coconut milk (limited)         Soy milk made with soy beans           Coconut milk (limited)         Soy milk made with soy beans           Datic chocolate (5 squares)         Soy milk made with soy beans           Buttermilk         Soy milk made with soy beans           Coconut mi	Rice e.g. Basmati, brown, white	Wheat foods e.g. Bread, cereal, pasta
Almonds (max of 10)         Cashews           Chestnuts         Pistachio           Hazeinuts         Incompage (max of 10)           Macademia nuts         Incompage (max of 10)           Peanuts         Incompage (max of 10)           Peanuts (10 halves)         Incompage (max of 10)           Poppy seeds         Incompage (max of 10)           Pumpkin seeds         Incompage (max of 10)           Sesame seeds         Incompage (max of 10)           Walnuts         Incompage (max of 10)           Walnuts         Incompage (max of 10)           Manord milk         Cov milk           Lactose free milk         Goat milk           Rice milk         Seep's milk           Soy milk         Seep's milk           Soy milk (limited)         Incompage (max of 10)           Hemp milk (limited)         Incompage (max of 10)           Oark chocolate (5 squares)         Eutermilk           Butter         Eutermilk           Eggs         Custard           Milk chocolate (4 squares max)         Greek yoghurt           White chocolate (3 squares max)         Incompage (max of 10)           Will chool (10)         Incompage (max of 10)           Will chocol (10)         Incompage (max of 10)	Tortilla chips	
Almonds (max of 10)         Cashews           Chestnuts         Pistachio           Hazeinuts         Incompage (max of 10)           Macademia nuts         Incompage (max of 10)           Peanuts         Incompage (max of 10)           Peanuts (10 halves)         Incompage (max of 10)           Poppy seeds         Incompage (max of 10)           Pumpkin seeds         Incompage (max of 10)           Sesame seeds         Incompage (max of 10)           Walnuts         Incompage (max of 10)           Walnuts         Incompage (max of 10)           Manord milk         Cov milk           Lactose free milk         Goat milk           Rice milk         Seep's milk           Soy milk         Seep's milk           Soy milk (limited)         Incompage (max of 10)           Hemp milk (limited)         Incompage (max of 10)           Oark chocolate (5 squares)         Eutermilk           Butter         Eutermilk           Eggs         Custard           Milk chocolate (4 squares max)         Greek yoghurt           White chocolate (3 squares max)         Incompage (max of 10)           Will chool (10)         Incompage (max of 10)           Will chocol (10)         Incompage (max of 10)		
Chestruts         Pistachios           Hazelnuts         Control           Peanuts         Control           Peanuts         Control           Poppy seeds         Control           Pumpkin seeds         Control           Sesame seeds         Control           Sunflower seeds         Control           Walnuts         Control           Milk         Control           Almond milk         Cow milk           Lactose fee milk         Seep's milk           Sloya milk         Seep's milk           Coconut milk (limited)         Seep's milk           Coconut milk (limited)         General with soy beans           Coconut milk (limited)         Limited           Oat	Nuts & Seeds	
Hazeinuts         Image: I	Almonds (max of 10)	Cashews
Macademia nuts         enuts           Pearuts         enuts           Pearus (10 halves)         enuts           Poppy seeds         enuts           Pumpkin seeds         enuts           Sunflower seeds         enuts           Wainuts         enuts           Mill         enuts           Almond milk         cow milk           Actose free milk         Sheep's milk           Soya milk         Sheep's milk           Soya milk (limited)         enuts           Coconut milk (limited)         enuts           Oat milk (limited)         enuts           Dairy & Eggs         buttermilk           Butter         buttermilk           Dark chocolate (5 squares)         cream           Milk chocolate (4 squares max)         creek yoghurt           White chocolate (3 squares max)         cour cream (over 2tbsp)           White chocolate (3 squares max)         forek yoghurt           Euter (a cream (over 2tbsp)         cour cream (over 2tbsp)	Chestnuts	Pistachio
Peanuts	Hazelnuts	
Peans (10 halves)	Macademia nuts	
Poppy seeds	Peanuts	
Pumpkin seeds         Image: Common seeds           Sunflower seeds         Image: Common seeds           Walnuts         Image: Common seeds           Milk         Common seeds           Almond milk         Common seeds           Lactose free milk         Seed milk           Rice milk         Sheep's milk           Soya milk         Soya milk made with soy beans           Coconut milk (limited)         Image: Common seeds           Herry milk (limited)         Image: Common seeds           Dairy & Eggs         Buttermilk           Butter         Buttermilk           Dark A tooclate (5 squares)         Custard           Unik chocolate (4 squares max)         Greek yoghurt           White chocolate (3 squares max)         Ice cream           Winder Common (year 2 tbsp)         Yoghurt           Winder Common (year 2 tbsp)         Yoghurt	Pecans (10 halves)	
Sesame seeds         Image: Committed or Committed	Poppy seeds	
Sunflower seeds         Image: Common of the properties of the propert	Pumpkin seeds	
Walnuts       Milk         Minord milk       Cow milk         Lactose free milk       Goat milk         Rice milk       Sheep's milk         Soya milk       Soy milk made with soy beans         Coconut milk (limited)       In the control of	Sesame seeds	
Milk Almond milk Cactose free milk Rice milk Soya milk Cacout milk (limited) Hemp milk (limited) Oat milk (limited)  Dairy & Eggs Butter Dairy & Eggs Butter Dairy & Eggs Butter Dairy & Eggs Ceam Ceggs Cieam Ciggs Cieam Ciggs Cieam Ciggs Cieam Cie	Sunflower seeds	
Almond milk Lactose free milk Rice milk Soya milk Soya milk Soya milk Coconut milk (limited) Hemp milk (limited) Oat milk (limited)  Dairy & Eggs Butter Dairy & Eggs Butter Dark chocolate (5 squares) Eggs Custard Milk chocolate (4 squares max) White chocolate (3 squares max) Cheese Cheese Cheese Cheese Cheese Cheese Cheese Cow milk Goat milk Goat milk Goat milk Soya milk Ashe (Soya milk Ashe (So	Walnuts	
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Lactose free milk       Goat milk         Rice milk       Sheep's milk         Soya milk       Soy milk made with soy beans         Coconut milk (limited)       Image: Company of the part of the pa	Milk	
Rice milk       Sheep's milk         Soya milk       Soy milk made with soy beans         Coconut milk (limited)       Image: Company of the part of	Almond milk	Cow milk
Soya milk       Soy milk made with soy beans         Coconut milk (limited)       Image: Common of the property of	Lactose free milk	Goat milk
Coconut milk (limited)       Image: Common of the property of the prop	Rice milk	Sheep's milk
Hemp milk (limited) Oat milk (limited)  Dairy & Eggs  Butter Butter Butter Dark chocolate (5 squares) Cream Custard Custard Milk chocolate (4 squares max) White chocolate (3 squares max)  Lee cream Sour cream (over 2tbsp)  Yoghurt  Cheese  Cheese	Soya milk	Soy milk made with soy beans
Oat milk (limited)  Dairy & Eggs  Butter  Butter  Dark chocolate (5 squares)  Eggs  Custard  Milk chocolate (4 squares max)  White chocolate (3 squares max)  Cream  Sour cream (over 2tbsp)  Yoghurt  Cheese  Cheese	Coconut 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) lce cream  Sour cream (over 2tbsp)  Yoghurt  Cheese Cheese	Hemp milk (limited)	
ButterButtermilkDark chocolate (5 squares)CreamEggsCustardMilk chocolate (4 squares max)Greek yoghurtWhite chocolate (3 squares max)Ice creamSour cream (over 2tbsp)YoghurtCheeseCheese	Oat milk (limited)	
ButterButtermilkDark chocolate (5 squares)CreamEggsCustardMilk chocolate (4 squares max)Greek yoghurtWhite chocolate (3 squares max)Ice creamSour cream (over 2tbsp)YoghurtCheeseCheese		
Dark chocolate (5 squares)  Eggs Custard Milk chocolate (4 squares max) White chocolate (3 squares max) Ice cream Sour cream (over 2tbsp) Yoghurt  Cheese  Cheese	Dairy & Eggs	
Eggs  Milk chocolate (4 squares max)  White chocolate (3 squares max)  Ice cream  Sour cream (over 2tbsp)  Yoghurt  Cheese	Butter	Buttermilk
Milk chocolate (4 squares max)  White chocolate (3 squares max)  Ice cream  Sour cream (over 2tbsp)  Yoghurt  Cheese	Dark chocolate (5 squares)	Cream
White chocolate (3 squares max)  Sour cream (over 2tbsp)  Yoghurt  Cheese	Eggs	Custard
Sour cream (over 2tbsp) Yoghurt Cheese	Milk chocolate (4 squares max)	Greek yoghurt
Yoghurt  Cheese	White chocolate (3 squares max)	Ice cream
Cheese		Sour cream (over 2tbsp)
		Yoghurt
Brie Cream cheese (over 2tbsp)	Cheese	
	Brie	Cream cheese (over 2tbsp)

Safe Low FODMAP Foods	High FODMAP Foods to Eliminate
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 Frucose Corn Syrup (HFCS)
Acesulfame K	Honey
Glucose	landia
	Inulin
Saccharine	Isomalt
Saccharine Stevia	
	Isomalt
Stevia	Isomalt Maltitol
Stevia	Isomalt Maltitol Mannitol
Stevia	Isomalt  Maltitol  Mannitol  Sorbitol
Stevia	Isomalt  Maltitol  Mannitol  Sorbitol
Stevia Sucralose	Isomalt  Maltitol  Mannitol  Sorbitol
Stevia Sucralose  Drinks	Isomalt  Maltitol  Mannitol  Sorbitol  Xylitol
Stevia Sucralose  Drinks Coffee, black	Isomalt  Maltitol  Mannitol  Sorbitol  Xylitol  Apple juice
Stevia Sucralose  Drinks  Coffee, black Drinking chocolate powder	Isomalt  Maltitol  Mannitol  Sorbitol  Xylitol  Apple juice  Pear juice
Stevia Sucralose  Drinks  Coffee, black Drinking chocolate powder Herbal tea (weak)	Isomalt  Maltitol  Mannitol  Sorbitol  Xylitol  Apple juice  Pear juice  Mango juice
Stevia Sucralose  Drinks  Coffee, black Drinking chocolate powder Herbal tea (weak) Orange juice (125ml max)	Isomalt  Maltitol  Mannitol  Sorbitol  Xylitol  Apple juice  Pear juice  Mango juice  Sodas with HFCS
Stevia Sucralose  Drinks  Coffee, black Drinking chocolate powder Herbal tea (weak) Orange juice (125ml max) Peppermint tea	Isomalt  Maltitol  Mannitol  Sorbitol  Xylitol  Apple juice  Pear juice  Mango juice  Sodas with HFCS  Fennel tea