

High FODMAP Foods to Avoid (by FODMAP Group)

Fructose

Fruit:

- Apple
- Banana (Ripe)
- Dates
- Boysenberry
- Mango
- Nashi
- Nectarine
- Tamarillo
- Watermelon
- Concentrated Fruit Sources
- Dried Fruit
- Fruit Juice
- Tinned Fruit in Natural Juice

Vegetables:

- Asparagus

Sweeteners:

- Fructose
- High Fructose Corn Syrup
- Frisana
- Honey
- Molasses
- Rum
- Wine: Low Glycemic Index & Sticky

Lactose

- Buttermilk
- Cottage Cheese
- Cow Milk
- Cream
- Cream Cheese
- Custard
- Evaporated Milk
- Frozen Yogurt
- Goat Milk
- Ice Cream
- Lactose
- Margarine
- Ricotta Cheese
- Sheep Milk
- Sherbet
- Soft Unripe Cheese
- Sour Cream
- Sweetened Condensed Milk
- Yogurt



Oligos (Fructans & Galactans)

Fruit:

- Apple
- Figs
- Nectarine
- Peach
- Persimmon
- Watermelon

Vegetables:

- Artichoke
- Baked Beans
- Beetroot
- Broccoli
- Brussels Sprouts
- Cabbage
- Chickpeas
- Fennel
- Garlic
- Kidney Beans
- Leek
- Lentils
- Onion (All)
- Peas
- Shallots
- Soy Beans
- Spring/Green Onion (White Part)
- Snow Peas
- Sugar Snap Peas

Grains:

- Rye
- Spelt
- Wheat

Misc:

- Almonds
- Camomile Tea
- Cashews
- Cocoa Powder
- Chicory
- Dandelion
- Fennel Tea
- Instant Coffee
- Inulin
- Pistachio

Polyols

Fruit:

- Apple
- Apricot
- Avocado
- Blackberry
- Cherry
- Longon
- Lychee
- Nashi
- Nectarine
- Peach
- Pear
- Plum
- Prune
- Watermelon

Vegetables:

- Broccoli
- Cauliflower
- Celery
- Mushrooms
- Pumpkin
- Snow Peas

Sweeteners:

- Isomalt
- Maltitol
- Mannitol
- Sorbitol
- Xylitol

Low FODMAP Foods to Enjoy

Fruit

- Banana (Not Ripe)
- Blueberry
- Cantaloupe
- Clementine
- Coconut
- Cranberry
- Cranberry Juice
- Dragonfruit
- Durian
- Grape
- Grapefruit*
- Honeydew
- Kiwifruit
- Lemon
- Lime
- Mandarin
- Orange
- Passion Fruit
- Pawpaw
- Pineapple
- Pomegranate*
- Raspberry
- Rhubarb
- Rockmelon
- Star Anise
- Strawberry
- Tangelo

Vegetables

- Alfalfa
- Arugula
- Bamboo Shoots
- Bean Sprouts
- Bell Peppers
- Bok Choy
- Butternut Squash*
- Carrot
- Chives
- Choko
- Choy Sum
- Corn*
- Courgette
- Cucumber
- Endive
- Ginger
- Green Beans
- Kale
- Lettuce
- Okra*
- Olives
- Parsnip
- Potato
- Radish
- Red Chili
- Silver Beet
- Spinach
- Spring Onion (Green Part)
- Squash
- Swede
- Sweet Potato*
- Taro
- Tomato
- Turnip
- Water Chestnuts
- Yam
- Zucchini

Dairy

Milk

- Coconut Milk
- Lactose Free Milk
- Rice Milk

Cheese

- Brie
- Camembert
- Cheddar
- Colby
- Feta
- Mozzarella
- Parmesan
- Swiss
- Hard Cheeses

Yogurt

- Lactose Free Yogurt



Grains

- Arrowroot
- Gluten Free Oats
- Gluten Free Pasta
- Millet
- Polenta
- Psyllium
- Quinoa
- Rice
- Rice Bran
- Sorghum
- Tapioca

Sweeteners

- Aspartame
- Glucose
- Maple Syrup
- Splenda
- Sucrose
- Sugar
- Treacle
- Truvia

Misc.

- Coffee
- Espresso
- Tea: Black, Green, White & Peppermint

Protein

- Chicken
- Beef
- Eggs
- Fish
- Lamb
- Pork
- Tofu

Nuts/Seeds

- Chia Seeds*
- Flax Seeds*
- Hazelnuts*
- Macadamia Nuts*
- Peanuts*
- Pecans*
- Pine Nuts*
- Pumpkin Seeds*
- Sesame Seeds*
- Sunflower Seeds*
- Walnuts*

Alcohol

- Beer
- Gin
- Vodka
- Whiskey
- Wine: Red, White, Sparkling & Sweet

*Limited quantities

Provided by LivingHappyWithIBS.com
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