

FODMAP Food Chart

*In limited quantities

Food Group	Low FODMAP Foods to Eat	High FODMAP Foods to Avoid
Dairy	Brie, Camembert, Cheddar, Coconut Milk, Colby, Feta, Swiss, Hard Cheeses, Lactose Free Milk, Lactose Free Yogurt, Mozzarella, Parmesan, Rice Milk	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
Drinks	Beer, Coffee, Gin, Vodka, Whiskey, Wine (Red, Sparking, Sweet, White), Tea (Black, Green, White, Peppermint)	Any drink or juice made from a restricted food
Fruits	Banana (Not Ripe), Blueberry, Cantaloupe, Clementine, Coconut, Cranberry, Dragonfruit, Durian, Grape, Grapefruit*, Honeydew, Kiwifruit, Lemon, Lime, Mandarin, Orange, Passion Fruit, Pawpaw, Pineapple, Pomegranate*, Raspberry, Rhubarb, Rockmelon, Star Anise, Strawberry, Tangelo	Apple, Apricot, Avocado, Banana (Ripe), Blackberry, Boysenberry, Cherry, Concentrated Fruit Sources, Dates, Dried Fruit, Figs, Longon, Lychee, Mango, Nashi, Nectarine, Peach, Pear, Persimmon, Plum, Prune, Tamarillo, Watermelon
Grains	Arrowroot, Gluten Free Oats, Gluten Free Pasta, Millet, Polenta, Psyllium, Quinoa, Rice, Rice Bran, Sorghum, Tapioca	Rye, Spelt, Wheat
Meats, Poultry, Fish, Eggs	Chicken, Beef, Eggs, Fish, Lamb, Pork, Shellfish, Tofu	
Nuts:	Chia Seeds*, Flax Seeds*, Hazelnuts*, Macadamia Nuts*, Peanuts*, Pecans*, Pine Nuts*, Pumpkin Seeds*, Sesame Seeds*, Sunflower Seeds*, Walnuts*	
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	Artichoke, Asparagus, Baked Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Chickpeas, Fennel, Garlic, Kidney Beans, Leek, Lentils, Mushrooms, Onion (All), Peas, Pumpkins, Shallots, Soy Beans, Spring/Green Onion (White Part), Snow Peas, Sugar Snap Peas
Sweeteners	Aspartame, Glucose, Maple Syrup, Splenda, Sucrose, Sugar, Treacle, Truvia	Fructose, High Fructose Corn Syrup, Frisana, Honey, Isomalt, Maltitol, Mannitol, Molasses, Rum, Sorbitol, Wine: Low Glycemic Index & Sticky, Xylitol
Others:	Most spices and herbs, butter, chives, flaxseed, garlic flavored oil/powder, olives, mayonnaise, marinara sauce, mustard, onion powder, pepper, salt, soy sauce, vinegar, anything with low FODMAP ingredients	Agave, chutney, coconut, garlic, honey, jam, jellies, molasses, onions, pickle, relish, anything with high FODMAP ingredients

Notice: This is not meant to serve as a permanent guide. Use this chart to help you identify which foods trigger your symptoms and which ones do not.