

# Low FODMAP Diet

A low FODMAP diet may help people with gastrointestinal problems like bloating, gas, or irritable bowel syndrome (IBS).

Avoid			Enjoy		
<p><b>Excess Fructose</b></p> <ul style="list-style-type: none"> <li>• Fruit: apple, mango, nashi, pear, canned fruit in natural juice, watermelon.</li> <li>• Sweeteners: fructose, high fructose corn syrup, corn syrup, honey.</li> <li>• Concentrated fructose: concentrated fruit, large servings of fruit, dried fruit, fruit juice.</li> </ul>	<p><b>Fructans</b></p> <ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Beetroot</li> <li>• Broccoli</li> <li>• Brussels sprouts</li> <li>• Cabbage</li> <li>• Eggplant</li> <li>• Fennel</li> <li>• Garlic</li> <li>• Leek</li> <li>• Okra</li> <li>• Onion (all)</li> <li>• Shallots</li> <li>• Cereals: wheat and rye in large amounts (e.g. bread, crackers, cookies, couscous, pasta)</li> <li>• Fruit: custard apple, persimmon, watermelon</li> <li>• Misc: chicory, dandelion, inulin</li> </ul>	<p><b>Polyols</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricot</li> <li>• Avocado</li> <li>• Blackberry</li> <li>• Cherry</li> <li>• Lychee</li> <li>• Nashi</li> <li>• Nectarine</li> <li>• Peach</li> <li>• Pear</li> <li>• Plum</li> <li>• Prune</li> <li>• Watermelon</li> <li>• Vegetables: Green bell pepper, mushroom, sweet corn</li> <li>• Sweeteners: sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)</li> </ul>	<p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>• Banana</li> <li>• Blueberry</li> <li>• Boysenberry</li> <li>• Canteloupe</li> <li>• Cranberry</li> <li>• Durian</li> <li>• Grape</li> <li>• Grapefruit</li> <li>• Honeydew melon</li> <li>• Kiwi</li> <li>• Lemon</li> <li>• Lime</li> <li>• Mandarin</li> <li>• Orange</li> <li>• Passionfruit</li> <li>• Pawpaw</li> <li>• Raspberry</li> <li>• Rhubarb</li> <li>• Rockmelon</li> <li>• Star anise</li> <li>• Strawberry</li> <li>• Tangelo</li> </ul>	<p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• Alfalfa</li> <li>• Artichoke</li> <li>• Bamboo shoots</li> <li>• Beat shoots</li> <li>• Bok choy</li> <li>• Carrot</li> <li>• Celery</li> <li>• Choko</li> <li>• Choy sum</li> <li>• Endive</li> <li>• Ginger</li> <li>• Green beans</li> <li>• Lettuces</li> <li>• Olives</li> <li>• Parsnip</li> <li>• Potato</li> <li>• Pumpkin</li> <li>• Red bell pepper</li> <li>• Silver beet</li> <li>• Spinach</li> <li>• Summer squash (yellow)</li> <li>• Swede</li> <li>• Sweet potato</li> <li>• Taro</li> <li>• Tomato</li> <li>• Turnip</li> <li>• Yam</li> <li>• Zucchini</li> </ul>	<p><b>Starch</b></p> <ul style="list-style-type: none"> <li>• Gluten free bread or cereal products</li> <li>• 100% spelt bread</li> <li>• Rice</li> <li>• Oats</li> <li>• Polenta</li> <li>• Other: arrowroot, millet, psyllium, quinoa, sorgum, tapioca</li> </ul>
<p><b>Lactose</b></p> <ul style="list-style-type: none"> <li>• Milk: milk from cows, goats, or sheep.</li> <li>• Custard, ice cream</li> <li>• Yogurt</li> <li>• Cheese: soft, unripened cheeses like cottage, cream, mascarpone, ricotta</li> </ul>	<p><b>Galactans</b></p> <ul style="list-style-type: none"> <li>• Legumes: Beans, baked beans, chickpeas, kidney beans, lentils</li> </ul>	<p><b>Misc</b></p> <ul style="list-style-type: none"> <li>• Sweeteners - sucrose, glucose, artificial sweeteners not ending in "-ol", and sugar in small quantities</li> <li>• Honey substitutes - small quantities of golden syrup, maple syrup, molasses, and treacle</li> </ul>	<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>• Milk - lactose-free milk, oat milk, rice milk, soy milk (check for additives)</li> <li>• Cheeses - hard cheeses, brie, and camembert</li> <li>• Yogurt (lactose free)</li> <li>• Ice cream substitutes - gelati, sorbet</li> <li>• Butter substitutes (e.g. olive oil)</li> </ul>		
   			 		