

High FODMAP Foods: Avoid or Reduce

Vegetables

- Garlic
- Asparagus
- Beetroot
- Broad beans
- Cabbage
- Fennel
- Kidney beans
- Okra
- Scallions/spring onions (white part)
- Onions
- Avocado
- Black eyed peas
- Broccoli
- Cauliflower
- Green pepper/green bell pepper
- Leeks
- Peas
- Artichoke
- Baked beans
- Brussel sprouts
- Butter beans
- Chick peas
- Lentils
- Mushrooms
- Soy beans
- Shallots

Fruit

- Apples
- Cherries
- Nectarines
- Plums
- Tinned fruit in apple/pear/other high fructose juice
- Apricots
- Lychee
- Peaches
- Prunes
- Blackberries
- Honey
- Pears
- Watermelon

Cereals, Grains, Breads, Pasta, Nuts

Wheat-containing products such as:

- Biscuits
- Egg noodles
- Pasta
- Wheat rolls
- Breadcrumbs
- Ramen noodles
- Wheat bread
- Udon noodles
- Cakes
- Pastries
- Wheat cereals
- Bran cereals

- Couscous
- Semolina
- Pistachios
- Rye

Sweeteners

- Sugar-free sweets, candy, desserts, etc.
- Fructose
- Inulin
- Mannitol
- Honey
- Isomalt
- Sorbitol
- Agavae
- High fructose corn syrup (HFCS)
- Maltitol
- Xylitol

Prebiotic Foods

- FOS – fructooligosaccharides
- Inulin
- Oligofructose

Beverages

- Beer, if drinking more than one serving (one bottle)
- Fruit and herbal teas with apple added
- Sugar-free carbonated drinks (carbonated water, diet sodas)
- Rum
- Wine, if drinking more than one serving (one glass)
- Dandelion tea
- Orange juice in quantities over 100ml
- Sports drinks

Dairy Products

- Custard
- Milk – cow, goat and sheep
- Yogurt (including Greek yogurt)
- Ice cream
- Soft cheese such as cottage cheese, ricotta and mascarpone
- Margarine/butter

Low FODMAP Foods: Eat It Up!

Vegetables

- Bok choy/pak choi
- Carrots
- Bean sprouts
- Celery
- Butternut squash
- Corn – if tolerable

- Courgette
- Cucumber
- Ginger
- Parsnip
- Potato
- Spinach
- Zucchini
- Chilis
- Eggplant/aubergine
- Lettuce
- Parley
- Pumpkin
- Sweet potato
- Chives
- Green beans
- Olives
- Red peppers/red bell pepper
- Scallions/spring onions (green part)
- Tomato (except cherry tomato)

Fruit

- Bananas
- Canteloupe
- Clementine
- Grapefruit
- Lime
- Papaya
- Strawberry
- Blueberries
- Cranberry
- Dates
- Kiwifruit
- Mandarin orange
- Pineapple
- Boysenberry
- Honeydew and Galia melons
- Grapes
- Lemon
- Passion fruit
- Raspberry

Cereals, Grains, Breads, Pasta, Nuts

- Wheat-free or gluten-free breads
- Wheat-free or gluten-free pasta
- Porridge and oat-based cereals
- Rice Krispies
- Amaranth
- Crispbread
- Millet
- Peanuts--maximum of 15
- Bread made from oats, rice, corn, barley and potato flours
- Buckwheat noodles
- Cornflakes
- Almonds--maximum of 15-20
- Barley
- Corncakes
- Oats
- Pecans--maximum of 15
- Rice noodles
- Rice bran
- Buckwheat
- Macadamia nuts--maximum of 10
- Oatcakes
- Pine nuts--maximum of 15

- Polenta
- Quinoa
- Sunflower seeds--maximum of 1–2 tbsp
- Walnuts--maximum of 10
- Potato chips
- Rice cakes/rice crackers
- Sorghum
- White rice
- Pumpkin seeds--max of 1–2 tbsp
- Sesame seeds--maximum of 1–2 tbsp
- Tortilla chips
- Wheat-free rye

Sweeteners

- Golden syrup
- Sugar (sucrose)
- Sucralose
- Glucose
- Aspartame
- Maple syrup
- Saccharine

Beverages

- Clear spirits such as Vodka
- Lemonade – in low quantities
- 'Sugar' Fizzy drinks (e.g. not diet/sugar free version), such as lemonade, soda
- Wine and beer, limited to one drink
- Fruit and herbal tea – ensure no apple added
- Water

Dairy Products

- Brie cheese
- Cream
- Gelato
- Lactose-free milk
- Parmesan cheese
- Swiss cheese
- Butter
- Dairy-free chocolate pudding
- Hard cheese, such as cheddar
- Mozzarella cheese
- Rice milk
- Tofu
- Camembert cheese
- Feta cheese
- Oat milk
- Sorbet