

Table 1: HIGH FODMAP FOODS

FRUCTANS	GALACTO- OLIGO- SACCHARIDES	LACTOSE	EXCESS FRUCTOSE	POLYOLS
<p>Vegetables artichokes, asparagus, beetroot, chicory, dandelion leaves, garlic, leek, onions, onion and garlic salt or powders, radicchio lettuce, spring onions (white part)</p> <p>Grains barley, rye or wheat (in large amounts), fructo-oligosaccharides, inulin</p> <p>Nuts cashews, pistachios</p>	<p>Legumes baked beans, bortolotti beans, kidney beans, chickpeas, lentils, soybeans, soy flour and some soy milk</p>	<p>Milk Products milk (cow, goat or sheep), custard, condensed and evaporated milk, dairy desserts, ice cream, margarine, powdered milk, yogurt</p> <p>Cheese soft and unripened cheese (ricotta, cottage, cream, mascarpone)</p>	<p>Fruits apples, boysenberries, figs, mangoes, pears, watermelon</p> <p>Sweeteners agave, corn syrup solids, high-fructose corn syrup, honey</p> <p>Alcohol Rum</p>	<p>Fruits apples, apricots, blackberries, cherries, longons, lychees, nectarines, peaches, pears, plums, prunes</p> <p>Vegetables avocados, cauliflower, green pepper, mushrooms, pumpkin, snow peas</p> <p>Sweeteners sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)</p>

Adapted from sources: Dr. Sue Shepherd, 2012 Shepherd Works <http://shepherdworks.com.au>
 Kate Scarlata, Registered Dietitian <http://blog.katescarlata.com/fodmaps-basics/fodmaps-checklist/>

Table 2: LOW FODMAP FOODS

FRUCTANS	GALACTO-OLIGO-SACCHARIDES	LACTOSE	EXCESS FRUCTOSE	POLYOLS
<p>Vegetables bok choy, bean sprouts, bell peppers, butter lettuce, carrots, celery, chives, corn, eggplant, green beans, tomatoes, potatoes, spinach</p> <p>Garlic or onion-infused oil</p> <p>Gluten-free* breads/cereals, rice and corn pasta, rice cakes, potato chips, tortilla chips</p>	<p>Legumes firm tofu</p>	<p>Milk Products lactose-free milk and lactose-free milk products including cottage cheese, ice cream and sorbet</p> <p>Cheese certain cheeses such as cheddar, parmesan, swiss, mozzarella</p>	<p>Fruits ripe bananas, blueberries, grapefruit, grapes, honeydew, lemons, limes, passion fruit, raspberries, strawberries, tangelos</p> <p>Sweeteners table sugar, maple syrup</p>	<p>Fruits bananas, blueberries, grapefruit, grapes, honeydew, kiwi, lemons, limes, oranges, passion fruit, raspberries</p> <p>Sweeteners table sugar, glucose, aspartame</p>

* Examine ingredients on gluten-free breads and cereals to ensure other FODMAPs such as honey and agave are not present.
Adapted from source: Kate Scarlata, Registered Dietitian <http://blog.katescarlata.com/ifodmaps-basics/ifodmaps-checklist/>