

# Table 1: HIGH FODMAP FOODS

(Avoid these foods)

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

(Consume these foods)

| FRUCTANS  | GALACTO-OLIGO-SACCHARIDES           | LACTOSE   | EXCESS FRUCTOSE   | POLYOLS  |
|---|-------------------------------------|---|---|--|
| <p><b>Vegetables</b><br/>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><b>Legumes</b><br/>firm tofu</p> | <p><b>Milk Products</b><br/>lactose-free milk and lactose-free milk products including cottage cheese, ice cream and sorbet</p> <p><b>Cheese</b><br/>certain cheeses such as cheddar, parmesan, swiss, mozzarella</p> | <p><b>Fruits</b><br/>ripe bananas, blueberries, grapefruit, grapes, honeydew, lemons, limes, passion fruit, raspberries, strawberries, tangelos</p> <p><b>Sweeteners</b><br/>table sugar, maple syrup</p> | <p><b>Fruits</b><br/>bananas, blueberries, grapefruit, grapes, honeydew, kiwi, lemons, limes, oranges, passion fruit, raspberries</p> <p><b>Sweeteners</b><br/>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/>