

Low FODMAP Diet

Eat Low FODMAP

Avoid High FODMAP

Vegetables

bamboo shoots, bell peppers, bok choy, cucumbers, carrots, celery, corn, eggplant, kale, lettuce, leafy greens, parsnips, pumpkin, potatoes, sweet potatoes, squash, yams, (butternut, winter), tomatoes, turnips, zucchinis, seaweed, olives, capers, chard, spinach, romaine lettuce, carrots

artichokes, asparagus, beets, leeks, broccoli, brussel sprouts, cabbage, cauliflower, fennel, lentils, green beans, mushrooms, okra, onion, kidney beans, soy beans, lima beans, snow peas, summer squash

Fruit

bananas (unripe), kiwi, blackberries, raspberries, plantains, kumquats, lemons, limes, passion fruit, rhubarb, tangerines, **limit** oranges, pineapples, cantaloupe, honeydew, strawberries, blueberries

avocado (contains a sugar alcohol), apples, applesauce, apricots, ripe bananas, dates, canned fruit, cherries, dried fruits, figs, guava, lychee, mangos, nectarines, grapes, pears, papaya, peaches, plums, prunes, persimmon, watermelon, jack fruit, black currants, grapefruit

Grains

cream of rice, rice, grits, oats, crackers, rice noodles, pastas, quinoa, rice, barley, corn flakes, corn meal, couscous, bread (limit wheat flour as it does contain small amounts of fructan, use rice flour when possible)

chicory root, inulin, grains with HFCS and limit grains made from wheat (terms for wheat: einkorn, emmer, kamut, spelt), wheat flours (terms for wheat flour: bromated, durum, enriched, farina, graham, semolina, white flours), flour tortillas, rye

Meats

beef, chicken, canned tuna, eggs, egg whites, fish, lamb, pork, shellfish, turkey

foods made with high FODMAP fruit sauces or with HFCS

Dairy

lactose free dairy, **small amounts of:** feta, cream cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss), gorgonzola, goat cheese, mozzarella, brie, sherbet

butter, chocolate, cottage cheese, ice cream, creamy/cheesy sauces, milk (from cow, sheep or goat), sweetened condensed milk, evaporated milk, ricotta, sour cream, whipped cream, yogurt, cottage cheese, mascarpone cheese, whey

Non-Dairy Alternatives

almond milk, rice milk, rice milk ice cream, nuts, nut butters, seeds, almonds, chestnuts, hazelnuts, macademia nuts, peanuts, pecans, poppy seeds, pumpkin seeds, walnuts

coconut milk, coconut cream, beans, black eyed peas, hummus, lentils, pistachios, soy products, cashews, kidney beans, borlotti beans, baked beans, legume beans

Seasonings, Condiments

most spices and herbs, homemade broth, butter, chives, flaxseed, garlic flavored oil, garlic powder, mayonnaise, onion powder, olive oil, pepper, salt, mustard, low FODMAP salad dressings, soy sauce, marinara sauce (small amounts), vinegar, balsamic vinegar

HFCS, agave, chutneys, coconut, garlic, honey, jams, jellies, molasses, onions, pickle, relish, high FODMAP fruit/vegetable sauces, salad dressings made with high FODMAPs, artificial sweeteners: sorbitol, mannitol, isomalt, xylitol (cough drops, gums, mints)

The More You Know...

FODMAPs are a collection of short chain carbohydrates that are poorly absorbed in the small intestine. They are readily fermented in the bowels by bacteria, which produces gas in bloating. This diet is used as a temporary intervention to help bring homeostasis back to the gut. To the right you will see the 6 general categories of foods included in the diet.

Fermentable
Oligosaccharides (Fructans and GOS - Not absorbed by anyone.)
Disaccharides (Lactose)
Monosaccharides (Fructose in excess of glucose)
 And
Polysols (Sorbitol, Mannitol, Maltitol, Xylitol and Isomalt)