





Low FODMAP Diet

FODMAPs (**F**ermentable **O**ligo-, **D**i-, and **M**onosaccharides and **P**olyols) are types of carbohydrates and sugars found in foods that are poorly absorbed in the small intestine and may not be well tolerated by patients with irritable bowel syndrome or other bowel disorders. This can lead to abdominal discomfort, pain, bloating, distension, fullness, nausea, or change in bowel habits.

FOODS TO AVOID

Fruits	Vegetables	Grains/Legumes	Milk Products	Other
Apple Apricot Blackberry Cherry Lychee Mango Nectarine Peaches Pear Plum/Prunes Watermelon Larger servings of fruit, dried fruit, or fruit juice Canned fruit in natural juice	Artichoke Asparagus Beetroot Broccoli Brussel Sprouts Cabbage Cauliflower Eggplant Fennel Garlic Green Pepper Leek Mushroom Okra Onion Scallions Shallots Snow Peas Sweet Corn	Bread Crackers Cookies Couscous Pasta Wheat and rye cereals Soy products Baked beans Chickpeas/Humus Kidney Beans Lentils Lima Beans 	Milk from cows, goat, sheep Custard Ice cream Yogurt Soft unripened cheeses including cottage cheese, cream, mascarpone, ricotta 	Sweeteners High fructose corn syrup Sorbitol Mannitol Isomalt Malitol Xylitol Honey Agave nectar Miscellaneous Chicory Root Dandelion Inulin (added fiber) Pistachio Large amounts of coffee (>1 cup per day)

FOODS TO INCLUDE

Fruits	Vegetables	Grains/Herbs	Milk Products	Other
Banana Blueberry Boysenberry Cantaloupe Cranberry Grape Grapefruit Honeydew Kiwi Lemon Lime Oranges Passionfruit Raspberry Strawberry 	Alfalfa Bamboo Shoots Bean Shoots Bok Choy Carrot Celery Cucumber Endive Ginger Green Beans Lettuce Olives Parsnip Potato/Sweet Potato Pumpkin Red Pepper Silverbeet Spinach Squash Tomato Turnip Yam Zucchini	Gluten-free bread or cereal products 100% spelt bread Rice Oats Polenta Grits Corn Tortilla Arrowroot Millet Psyllium Quinoa Tapioca Basil Chili Coriander Ginger Lemongrass Mint Oregano Parsley Rosemary Thyme	Lactose-free milk Oat Milk Rice Milk Hard cheese (cheddar swiss, parmesan) Bria Camembert Lactose free yogurt Ice Cream Substitutes Gelato Sorbet Butter Substitutes Olive oil 	Sugar (sucrose) Glucose Golden syrup Maple Syrup Molasses Plain unprocessed meats Beef, chicken, fish, eggs, tofu Peanut butter (not sweetened with high fructose corn syrup) Small amount of almonds, peanuts, macadamia, pine nuts, walnuts



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