

# FODMAP Foods

## Fruits

|               |                 |
|---------------|-----------------|
| Alfalfa       | Artichoke       |
| Arugula       | Bamboo Shoots   |
| Bok choy      | Bean Sprouts    |
| Carrots       | Celery          |
| Chives        | Cucumber        |
| Endive        | Ginger          |
| Green beans   | Kale            |
| Lettuce       | Olives          |
| Parsnip       | Potato          |
| Pumpkin       | Red bell pepper |
| Scallion      | Spinach         |
| Summer squash | Swiss chard     |
| Sweet potato  | Tomato          |
| Turnips       | Water chestnut  |
| Zucchini      |                 |

## Vegetables

|               |                  |
|---------------|------------------|
| Bananas       | Blueberries      |
| Cantaloupe    | Clementines      |
| Coconut       | Cranberries      |
| Dragon fruit  | Grapes           |
| Grapefruit    | Honeydew         |
| Kiwi          | Lemon            |
| Lime          | Mandarin Oranges |
| Oranges       | Papaya           |
| Passion fruit | Pineapple        |
| Raspberry     | Rhubarb          |
| Star fruit    | Strawberries     |
| Tangelos      |                  |

## Grains

## Dairy Products

Lactose-free milk and yogurt Rice milk

Soy milk Brie

Camembert Cheddar

Feta Mozzarella

Parmesan Swiss

Gelato Sorbet

|                      |                  |
|----------------------|------------------|
| Gluten free products | 100% Spelt bread |
| Rice                 | Oats             |
| Quinoa               | Pasta            |
| Polenta              | Rice Cakes       |
| Gluten free Flours   | Arrowroot        |
| Millet               | Psyllium         |
| Sorghum              | Tapioca          |

## Nuts, Sweeteners, Oils, and Herbs/Spices

|             |                                  |           |              |           |
|-------------|----------------------------------|-----------|--------------|-----------|
| Almonds     | Pecans                           | Cashews   | Walnuts      | Pine nuts |
| Table sugar | Maple syrup                      | Aspartame |              |           |
| Olive oil   | Oil infused with garlic or onion | Basil     | Chili powder | Coriander |
| Lemongrass  | Marjoram                         | Mint      | Oregano      | Parsley   |
| Rosemary    | Thyme                            |           |              |           |

# Foods to Avoid

## Fruits

## Vegetables

|                  |                    |
|------------------|--------------------|
| Artichokes       | Asparagus          |
| Beetroot         | Broccoli           |
| Brussels Sprouts | Cabbage            |
| Chickpea         | Fennel             |
| Cauliflower      | Eggplant           |
| Garlic           | Green bell pepper  |
| Lentils          | Red kidney beans   |
| Baked beans      | Leeks              |
| Mushrooms        | Onions (all types) |
| Shallot          | Soybeans           |
| Sugar snap peas  | Snow peas          |
| Sweet corn       | Okra               |

|             |              |
|-------------|--------------|
| Apples      | Apricots     |
| Avocado     | Blackberries |
| Cherries    | Dates        |
| Figs        | Lychee       |
| Mangos      | Nectarines   |
| Peaches     | Pears        |
| Plum        | Prunes       |
| Watermelon  | Canned fruit |
| Fruit juice | Dried fruit  |

## Grains

## Dairy Products

Milk from cows, goats or sheep      Yogurt

Ice cream      Cottage cheese

Cream cheese Mascarpone

Ricotta Other soft, unripened cheeses

|   |
|---|
| Wheat, Rye, and Barley (in large amounts) |
|---|

## Sweeteners

|          |          |            |                          |                       |
|----------|----------|------------|--------------------------|-----------------------|
| Sorbitol | Mannitol | Isomalt    | Maltitol                 | Xylitol               |
| Agave    | Honey    | Corn syrup | High fructose corn syrup | Inulin (Chicory root) |