

Low FODMAP Food Chart

IBSDiets.org

| Low FODMAP | High FODMAP |
|--|---|
| Vegetables and Legumes | |
| Bamboo shoots | Garlic |
| Bean sprouts | Onions |
| Broccoli | Aparagus |
| Cabbage, common and red | Beans e.g. black, broad, kidney, lima, soya |
| Carrots | Cauliflower |
| Celery (less than 5cm stalk) | Cabbage, savoy |
| Chick peas (1/4 cup max) | Mange tout |
| Corn (1/2 cob max) | Mushrooms |
| Courgette | Peas |
| Cucumber | Scallions / spring onions (white part) |
| Eggplant | |
| Green beans | |
| Green pepper | |
| Kale | |
| Lettuce e.g. Butter, iceberg, rocket | |
| Parsnip | |
| Potato | |
| Pumpkin | |
| Red peppers | |
| Scallions / spring onions (green part) | |
| Squash | |
| Sweet potato | |
| Tomatoes | |
| Turnip | |
| Fruit | |
| Bananas, unripe | Apples |
| Blueberries | Apricot |
| Cantaloupe | Avocado |
| Cranberry | Bananas, ripe |
| Clementine | Blackberries |
| Grapes | Grapefruit |
| Melons e.g. Honeydew, Galia | Mango |
| Kiwifruit | Peaches |
| Lemon | Pears |
| Orange | Plums |
| Pineapple | Raisins |
| Raspberry | Sultanas |
| Rhubarb | Watermelon |
| Strawberry | |

Meat and Substitutes

| | |
|--------------------------------------|------------------------------------|
| Beef | Chorizo |
| Chicken | Sausages |
| Lamb | Processed meat (check ingredients) |
| Pork | |
| Quorn mince | |
| Cold cuts e.g. Ham and turkey breast | |

Breads, Cereals, Grains and Pasta

| | |
|--------------------------------------|---------------------------------------|
| Oats | Barley |
| Quinoa | Bran |
| Gluten free foods e.g. breads, pasta | Cous cous |
| Savory biscuits | Gnocchi |
| Buckwheat | Granola |
| Chips / crisps (plain) | Muesli |
| Cornflour | Muffins |
| Oatmeal (1/2 cup max) | Rye |
| Popcorn | Semolina |
| Pretzels | Spelt |
| Rice e.g. Basmati, brown, white | Wheat foods e.g. Bread, cereal, pasta |
| Tortilla chips | |

Nuts and Seeds

| | |
|---------------------|-----------|
| Almonds (max of 15) | Cashews |
| Chestnuts | Pistachio |
| Hazelnuts | |
| Macademia nuts | |
| Peanuts | |
| Pecans (max of 15) | |
| Poppy seeds | |
| Pumpkin seeds | |
| Sesame seeds | |
| Sunflower seeds | |
| Walnuts | |

Milk

| | |
|---------------------------------|------------------------------|
| Almond milk | Cow milk |
| Coconut milk | Goat milk |
| Hemp milk | Sheep's milk |
| Lactose free milk | Soy milk made with soy beans |
| Oat milk (30ml max) | |
| Rice milk (200ml max) | |
| Soya milk made with soy protein | |

Dairy and Eggs

| | |
|---------------------------------|---------------|
| Butter | Buttermilk |
| Dark chocolate | Cream |
| Eggs | Custard |
| Milk chocolate (3 squares max) | Greek yoghurt |
| White chocolate (3 squares max) | Ice cream |
| | Sour cream |
| | Yoghurt |

Cheese

| | |
|----------------|----------------|
| Brie | Cream cheese |
| Camembert | Ricotta cheese |
| Cheddar | |
| Cottage cheese | |
| Feta | |
| Mozzarella | |
| Parmesan | |
| Swiss | |

Condiments

| | |
|------------------------|---------------------------|
| Barbeque sauce | Hommus dip |
| Chutney (1 tbsp max) | Jam (mixed berries) |
| Garlic infused oil | Pasta sauce (cream based) |
| Golden syrup | Relish |
| Strawberry jam / jelly | Tzatziki dip |
| Mayonnaise | |
| Mustard | |
| Soy sauce | |
| Tomato sauce | |

Sweeteners

| | |
|-----------------|---------------------------------|
| Aspartame | Agave |
| Acesulfame K | High Fructose Corn Syrup (HFCS) |
| Glucose | Honey |
| Saccharine | Inulin |
| Stevia | Isomalt |
| Sucralose | Maltitol |
| Sugar / sucrose | Mannitol |
| | Sorbitol |
| | Xylitol |

Drinks

| | |
|---------------------------|---------------------|
| Beer (one max) | Coconut water |
| Coffee, black | Apple juice |
| Drinking chocolate powder | Pear juice |
| Herbal tea (weak) | Mango juice |
| Orange juice (125ml max) | Sodas with HFCS |
| Peppermint tea | Fennel tea |
| Water | Herbal tea (strong) |
| Wine (one max) | |