

Exceptions for Corn and Soy:

Corn:

FODMAP of concern: Sorbitol, which is a polyol (the “P” in FODMAP)

Sweet, whole kernel corn meant as a vegetable is high in sorbitol, but the type of corn used in cornmeal (also known as corn flour, masarepa or masa harina) are lower in sorbitol and higher in starch, which is not a FODMAP. Thus, corn tortillas, corn pasta, grits, polenta, tamales, pupusas, arepas and other foods made from ground corn are OK to eat as long as other high FODMAP ingredients have not been added.

Cornbread and corn muffins contain wheat. Avoid these for the gluten content, not the sorbitol content.

Corn tortillas may contain wheat. Read the ingredients to be sure

Soy:

High FODMAP Soy:

Soy beans (edamame) is high FODMAP (GOS)

Soy milk made from soy beans is high FODMAP. This is usually the case. Check the label

Soy yogurt made from soy beans is high FODMAP. This is usually the case. But check the label

Soy-based burgers are made from whole soy beans and are thus high FODMAP

Soy protein powder depends on how it was made and processed. This varies too much and cannot be learned by looking at the label. Recommended to avoid due to potential for high FODMAP

Low FODMAP Soy:

Tempeh is fermented soy beans. Fermentation lowers FODMAP's

Tofu (firm/extra firm only) is made from soy beans but the FODMAP content is separated out during production

Soy milk made from soy protein (not from soy beans), is low FODMAP. This is uncommon to find. Check the label

Soy yogurt made from soy protein (not from soy beans), is low FODMAP. This is not common, but check the label

Soybean oil contains no carbohydrates and thus has no FODMAPs

Soy sauce and tamari sauce is low FODMAP

Soybean lecithin is low FODMAP

