




LOW-FODMAP DIET

Foods Suitable On a Low-Fodmap Diet

fruit	vegetables	grain foods	milk products	other
<p>fruit</p> <p>banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo</p> <p>Note: if fruit is dried, eat in small quantities</p> 	<p>vegetables</p> <p>alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini</p> <p>herbs</p> <p>basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>	<p>cereals</p> <p>gluten-free bread or cereal products</p> <p>bread</p> <p>100% spelt bread</p> <p>rice</p> <p>oats</p> <p>polenta</p> <p>other</p> <p>arrowroot, millet, psyllium, quinoa, sorghum, tapioca</p> 	<p>milk</p> <p>lactose-free milk*, oat milk*, rice milk*, soy milk*</p> <p>*check for additives</p> <p>cheeses</p> <p>hard cheeses, and brie and camembert</p> <p>yoghurt</p> <p>lactose-free varieties</p> <p>ice-cream substitutes</p> <p>gelati, sorbet</p> <p>butter substitutes</p> <p>olive oil</p>	<p>tofu</p> <p>sweeteners</p> <p>sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p>honey substitutes</p> <p>golden syrup*, maple syrup*, molasses, treacle</p> <p>*small quantities</p> 

Eliminate Foods Containing Fodmaps

excess fructose	lactose	fructans	galactans	polyols
<p>fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p>sweeteners fructose, high fructose corn syrup</p> <p>large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p>honey corn syrup, fruisana</p>	<p>milk milk from cows, goats or sheep, custard, ice cream, yoghurt</p> <p>cheeses soft unripened cheeses eg. cottage, cream, mascarpone, ricotta</p>	<p>vegetables artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion</p> <p>cereals wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta</p> <p>fruit custard apple, persimmon, watermelon</p> <p>miscellaneous chicory, dandelion, inulin, pistachio</p>	<p>legumes baked beans, chickpeas, kidney beans, lentils, soy beans</p>	<p>fruit apple, apricot, avocado, blackberry, cherry, longan, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p> <p>sweeteners sorbitol (420) mannitol (421) isomalt (953) maltitol (965) xylitol (967)</p>
