

# Low FODMAP Food Chart

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| Low FODMAP                             | High FODMAP                                 |
|--|---|
| <b>Vegetables and Legumes</b>          |   |
| 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                                 |   |
| <b>Fruit</b>                           |   |
| 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)            |                     |