Low FODMAP Food Chart

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

Meat and Substitutes

Beef Chicken Lamb

Pork

Quorn mince

Cold cuts e.g. Ham and turkey breast

Chorizo Sausages

Processed meat (check ingredients)

Breads, Cereals, Grains and Pasta

Oats Quinoa

Gluten free foods e.g. breads, pasta

Savory biscuits Buckwheat

Chips / crisps (plain)

Cornflour

Oatmeal (1/2 cup max)

Popcorn Pretzels

Rice e.g. Basmata, brown, white

Tortilla chips

Barley Bran

Cous cous Gnocchi Granola Muesli Muffins

Rye Semolina Spelt

Wheat foods e.g. Bread, cereal, pasta

Nuts and Seeds

Almonds (max of 15)

Chestnuts Hazelnuts

Macademia nuts

Peanuts

Pecans (max of 15) Poppy seeds

Pumpkin seeds Sesame seeds Sunflower seeds

Walnuts

Cashews

Pistachio

Milk

Almond milk Coconut milk

Hemp milk

Lactose free milk Oat milk (30ml max) Rice milk (200ml max)

Soya milk made with soy protein

Cow milk Goat milk Sheep's milk

Soy milk made with soy beans

Dairy

Butter

Dark chocolate

Eggs

Milk chocolate (3 squares max) White chocolate (3 squares max) Buttermilk

Cream Custard

Greek yoghurt Ice cream Sour cream

Yoghurt

Cheese

Brie Camembert Cheddar

Cottage cheese

Feta Mozzarella Parmesan

Swiss

Cream cheese Ricotta cheese

Condiments

Barbeque sauce Chutney (1 tbsp max)

Garlic infused oil
Golden syrup

Strawberry jam / jelly

Mayonnaise Mustard Soy sauce Tomato sauce Hommus dip

Jam (mixed berries)

Pasta sauce (cream based)

Relish Tzatziki dip

Sweeteners

Aspartame Agave

Acesulfame K High Frucose Corn Syrup (HFCS)

Glucose Honey
Saccharine Inulin
Stevia Isomalt
Sucralose Maltitol
Sugar / sucrose Mannitol
Sorbitol

Sorbitol Xylitol

Drinks

Beer (one max) Coffee, black

Drinking chocolate powder

Herbal tea (weak)

Orange juice (125ml max)

Peppermint tea

Water

Wine (one max)

Coconut water

Apple juice Pear juice Mango juice Sodas with HFCS

Fennel tea

Herbal tea (strong)