









Low FODMAP Diet

Low-FODMAP Diet Food Choices

| Fruit | Vegetables | Grains | Dairy | Other |
|--|--|--|--|--|
| <p>Banana, blueberry, cantaloupe, clementine, cranberry, grapes, grapefruit, honeydew, kiwi, lemon, lime, orange, pineapple, papaya, raspberry, rhubarb, strawberry, tangelo</p>  <p>Note: If fruit is dried, eat in small quantities</p> | <p>Alfalfa, bamboo shoots, bok choy, carrot, celery, chives, cucumber, eggplant, green beans, lettuce, leeks, parsnip, potato, red/orange bell peppers, pickle, radish, scallions, seaweed, spinach, yellow squash, tomato, zucchini</p> <p>Herbs Basil, coriander, marjoram, mint, oregano, parsley, rosemary, thyme</p>  | <p>Cereals Gluten-free bread or cereal products</p> <p>Rice White, Brown, Wild</p>  <p>Oats Corn chips and Corn tortilla</p> <p>Other Amaranth, millet, quinoa, tapioca, cornmeal/polenta</p> | <p>Milk Lactose-free milk or coconut milk Lactose-free ice cream</p> <p>Butter</p> <p>Yogurt Lactose-free</p>  <p>Cheese Cheddar, Swiss, Parmesan, Feta Lactose-free cottage cheese</p> | <p>Meat and Seafood</p>  <p>Sweeteners Sugar*, Splenda, Aspartame, 100% maple syrup*</p> <p>Fats Oil, nuts/seeds* (no pistachios or cashews), mayo</p> <p>Drinks Water, coffee* Black/green tea, (avoid chamomile, fennel, and oolong)</p> <p><i>*Small amounts</i></p> |

Avoid or Reduce these Foods Containing FODMAPs

| Fructose | Lactose | Fructans | Polyols | Galactans |
|--|--|--|--|--|
| <p style="text-align: center;">Fruit</p> <p>Apple, mango, pear, watermelon, juice, large amounts dried fruit</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Sweeteners</p> <p>Honey, high fructose corn syrup, Molasses</p> | <p style="text-align: center;">Milk</p> <p>Milk from cows/ goats/sheep, custard, ice cream, yogurt, egg nog</p> <p style="text-align: center;">Cheese</p> <p>Soft unripened cheese (ex: cottage, cream, mascarpone, ricotta), American, Gouda</p> <p>* small amount sour cream is okay</p> | <p style="text-align: center;">Vegetables</p> <p>Asparagus, beet, broccoli, brussels sprouts, cabbage, fennel, garlic, onion, chicory root</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Other</p> <p>Wheat, rye, barley, couscous, (regular bread, pasta), inulin</p> | <p style="text-align: center;">Fruit</p> <p>Apricot, avocado, blackberry, cherry, nectarine, peach, plum, prune, fig</p> <p style="text-align: center;">Vegetables</p> <p>Cauliflower, corn, mushroom, sweet potato</p> <p style="text-align: center;">Sweeteners</p> <p>Ending in "ol" i.e. xylitol, sorbitol) and isomalt</p> | <p style="text-align: center;">Legumes</p> <p>Beans, chickpeas, lentils</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Other</p> <p>soy & almond milk soy beans pistachios</p> <p>* However, tofu is low FODMAP</p> |