

Low-FODMAP chart

Low FODMAP

High FODMAP

Vegetables and Legumes

Bamboo shoots
Bean sprouts
Broccoli (3/4 cup)
Cabbage, common and red (3/4 cup)
Carrots
Celery (less than 5cm stalk)
Chick peas (1/4 cup max)
Corn (1/2 cob max)
Courgette / Zucchini (65g)
Cucumber
Eggplant (1 cup)
Green beans
Green pepper (1/2 cup)
Kale
Lettuce e.g. Butter, iceberg, rocket
Parsnip
Potato
Pumpkin
Red peppers
Scallions / spring onions (green part)
Squash
Sweet potato (1/2 cup)
Tomatoes (1 small)
Turnip (1/2 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 (1 medium)
Blueberries (1/4 cup)
Cantaloupe (3/4 cup)
Cranberry
Clementine
Grapes
Melons e.g. Honeydew, Galia (1/2 cup)
Kiwifruit (2 small)
Lemon
Orange
Pineapple
Raspberry (30 berries)
Rhubarb
Strawberry

Apples
Apricot
Avocado
Bananas, ripe
Blackberries
Grapefruit
Mango
Peaches
Pears
Plums
Raisins
Sultanas
Watermelon

Meat and Substitutes

Beef
Chicken
Lamb
Pork
Cold cuts

Most Sausages
Most Processed meat

Breads, Cereals, Grains and Pasta

Oats
Quinoa
Gluten Free Foods
Savory biscuits
Buckwheat
Chips/crisps (plain)
Cornflower
Oatmeal

Barley
Bran
Cous cous
Gnocchi
Granola
Muesli
Muffins

Nuts and Seeds

Almonds Chestnuts
Hazelnuts Macademia
nuts Peanuts
Pecans (10 halves)
Poppy seeds Pumpkin
seeds Sesame seeds
Sunflower seeds
Walnuts

Cashews
Pistachio

Milk

Almond milk
Coconut milk
Hemp milk
Lactose free milk
Oat milk
Rice milk
Soya milk made with soy **protein**

Cow milk
Goat milk
Sheep's milk
Soy milk made with soy **beans**

Dairy and Eggs

Butter
Dark chocolate (5 squares) Eggs
Milk chocolate (4 squares max) White
chocolate (3 squares max)

Buttermilk
Cream
Custard
Greek yoghurt
Ice cream
Sour cream (over 2tbsp)
Yoghurt

Cheese

Brie Camembert
Cheddar Cottage
cheese Feta
Mozzarella
Parmesan Swiss

Cream cheese (over 2tbsp)
Ricotta cheese

Condiments

Barbeque sauce (check ingredients) Chutney
(1 tbsp max)
Garlic infused oil
Golden syrup (1 tsp)
Strawberry and raspberry jam / jelly
Mayonnaise
Mustard
Soy sauce
Tomato sauce

Hommus dip
Jam (mixed berries) Pasta sauce
(cream based) Relish
Tzatziki dip

Sweeteners

Aspartame
Acesulfame K
Glucose
Saccharine Stevia
Sucralose Sugar /
sucrose

Agave
High Fructose Corn Syrup (HFCS) Honey
Inulin
Isomalt
Maltitol
Mannitol
Sorbitol
Xylitol

Drinks

Beer (one max)
Coffee, black
Drinking chocolate powder
Herbal tea (weak) Orange juice
(125ml max) Peppermint tea

Apple juice
Pear juice Mango juice
Sodas with HFCS
Fennel tea Herbal tea