

Low FODMAP Food Chart

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Low FODMAP	High FODMAP
Vegetables and Legumes	
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	
Fruit	
Bananas	Apples
Blueberries	Apricot
Cantaloupe	Avocado
Cranberry	Blackberries
Clementine	Grapefruit
Graps	Mango
Melons e.g. Honeydew, galia	Peaches
Kiwifruit	Pears
Lemon	Plums
Orange	Raisins
Pineapple	Sultanas
Raspberry	Watermelon
Rhubarb	

Strawberry

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. Basmati, 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
Chia seeds
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)
Soya milk made with soy protein

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

Dairy

Butter
Dark chocolate
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 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 Water Wine (one max)	Coconut water Apple juice Pear juice Mango juice Sodas with HFCS Fennel tea Herbal tea (strong)