

# Low FODMAP Food Chart

IBSDiets.org

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
Graps	Grapefruit
Melons e.g. Honeydew, galia	Mango
Kiwifruit	Peaches
Lemon	Pears
Orange	Plums
Pineapple	Raisins
Raspberry	Sultanas
Rhubarb	Watermelon
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)