

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, unripe	Apples
Blueberries	Apricot
Cantaloupe	Avocado
Cranberry	Bananas, ripe
Clementine	Blackberries
Grapes	Grapefruit
Melons e.g. Honeydew, Galia	Mango
Kiwifruit	Peaches
Lemon	Pears
Orange	Plums
Pineapple	Raisins
Raspberry	Sultanas
Rhubarb	Watermelon
Strawberry	

Meat and Substitutes

Beef	Chorizo
Chicken	Sausages
Lamb	Processed meat (check ingredients)
Pork	
Quorn mince	
Cold cuts e.g. Ham and turkey breast	

Breads, Cereals, Grains and Pasta

Oats	Barley
Quinoa	Bran
Gluten free foods e.g. breads, pasta	Cous cous
Savory biscuits	Gnocchi
Buckwheat	Granola
Chips / crisps (plain)	Muesli
Cornflour	Muffins
Oatmeal (1/2 cup max)	Rye
Popcorn	Semolina
Pretzels	Spelt
Rice e.g. Basmati, brown, white	Wheat foods e.g. Bread, cereal, pasta
Tortilla chips	

Nuts and Seeds

Almonds (max of 15)	Cashews
Chestnuts	Pistachio
Hazelnuts	
Macademia nuts	
Peanuts	
Pecans (max of 15)	
Poppy seeds	
Pumpkin seeds	
Sesame seeds	
Sunflower seeds	
Walnuts	

Milk

Almond milk	Cow milk
Coconut milk	Goat milk
Hemp milk	Sheep's milk
Lactose free milk	Soy milk made with soy beans
Oat milk (30ml max)	
Rice milk (200ml max)	
Soya milk made with soy protein	

Dairy

Butter	Buttermilk
Dark chocolate	Cream
Milk chocolate (3 squares max)	Custard
White chocolate (3 squares max)	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)