

# Low FODMAP Food Chart

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| 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                                |
| 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)