

FODMAPs CHECKLIST

FODMAPs
 < 0.5g/sitting. Maintain
 limits of individual groups

LACTOSE

Milk, evaporated milk,
 yogurt, ice cream, custard,
 ricotta, cottage cheese

FRUCTOSE
 < 0.2g/serving

FRUIT
 Apples, boysenberry,
 cherries, mango, pears, figs,
 watermelon

VEGETABLES
 Artichoke, asparagus, sugar
 snap peas

SWEETENERS
 Agave, honey, High Fructose
 Corn Syrup (HFCS)

ALCOHOL
 Rum

**FRUCTANS
 /GOS**

< 0.2g per serving
 Bread is < 0.3/serving

FRUIT
 Apples (depends on variety),
 figs, nectarine,
 persimmon, white peaches,
 watermelon

VEGETABLES
 Artichokes, chickpeas, garlic,
 lentils, red kidney beans,
 baked beans, leeks, shallot,
 soybeans and some soy milk,
 onion, onion & garlic salt/
 powders

GRAINS
 Rye, Wheat, Barley-large
 quantity. Inulin (may be
 labeled as chicory root) or
 FOS

NUTS
 Pistachios, cashews

POLYOLS
 < 0.3g per serving

FRUIT
 Apples, apricots,
 blackberries, nectarines,
 pears, peaches, plums,
 prunes, watermelon

VEGETABLES
 Cauliflower, mushrooms,
 pumpkin, snow peas

SWEETENERS
 Sorbitol, mannitol, maltitol,
 isomalt, xylitol (sugar-free
 gum, mints, cough drops, &
 some medications)



FODMAP FRIENDLY!

*Lactose free milk, Lactose
 free ice cream, Lactose free
 cottage cheese, Lactose
 free yogurt and sorbet
 (check ingredients)*

CHEESE
 Brie, camembert, cheddar,
 feta, mozzarella, Parmesan,
 Swiss

FRUIT
 Banana, blueberries,
 cantaloupe, clementine
 coconut,
 dragonfruit, grapefruit,
 grapes, honeydew, kiwifruit,
 lemons, limes, oranges,
 papaya
 passionfruit, pineapple,
 raspberries, rhubarb, starfruit,
 strawberry, tangelos

SWEETENERS
 Maple syrup, table sugar
 (sucrose)

ALCOHOL
 Most wine & beer, vodka &
 gin (limit to 1 drink in general
 as gastric irritant)

-1 serving fruit per meal max
**-1 medium orange or
 banana**
**-1 cup berries, cantaloupe,
 pineapple or rhubarb**

VEGETABLES
 Arugula, bamboo shoots,
 bok choy, bean sprouts, bell
 peppers, lettuce, carrots,
 chives, common cabbage,
 cucumber, fennel bulb,
 green beans, eggplant,
 endive, kale, tomatoes,
 potato, radish,
 rutabaga, spinach, Swiss
 chard, turnip, oil infused
 with garlic or onion, water
 chestnuts, scallion (green part
 only), zucchini

BREADS/GRAINS
 Gluten free bread (check in-
 gredients), corn/rice/quinoa
 pasta, rice cakes, potato &
 tortilla chips, rice, quinoa, oats

NUTS/SEEDS
 (10-15 max or 1-2 TB)
 Almonds, macadamia,
 peanuts, pecans, pine nuts,
 walnuts, pumpkin seeds, sesa-
 me seeds, sunflower seeds, 2
 TB chia seeds, 1 TB flax

FIRM TOFU

MODERATE FRUCTANS/GOS
 Beet root < 4 slices,
 broccoli < 1/2 cup, Brussels
 sprouts < 1/2 cup, butternut
 squash < 1/4 cup, green peas
 < 1/3 cup, pomegranate < 1/2
 small, savoy cabbage < 1 cup
 snow peas < 10 pods, sweet
 corn < 1/2 cob

FRUIT
 Banana, blueberries,
 cantaloupe, clementine
 coconut, dragonfruit,
 grapefruit, grapes,
 honeydew, kiwifruit, lemons,
 limes, oranges,
 passionfruit, papaya,
 pineapple, raspberries,
 rhubarb, starfruit, strawberry,
 tangelos

SWEETENERS
 Table sugar, glucose, maple
 syrup & aspartame

MODERATE POLYOLS
 Avocado < 1/4, celery < 1/4
 stalk, cherries < 3, lychee < 5,
 sweet potato < 1/2 cup



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