

# 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, 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, grapefruit, 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

### OTHER

chamomile & fennel tea, cocoa powder, carob, instant coffee

## 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, 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, celeriac, chives, common cabbage, cucumber, fennel bulb, green beans, eggplant, endive, kale, tomatoes, parsnip, pattypan, potato, radish, rutabaga, spinach, swiss chard, summer squash, turnip, oil infused with garlic or onion, water chestnuts, scallion (green part only), zucchini

### BREADS/GRAINS

Gluten free bread (check ingredients), 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, sesame seeds, sunflower seeds, 2 TB chia seeds, 1 TB flax

### FIRM TOFU, TEMPEH

### 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

### OTHER

Espresso, teas: black, white, green, & peppermint

### FRUIT

Banana, blueberries, cantaloupe, clementine, coconut, dragonfruit, 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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