

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, carob >2 tsp

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

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, firm tofu tempeh, cocoa < 3 tsp

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, lychees <5, sweet potato <1/2 cup



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