

HIGH FODMAP FOODS TO AVOID

HIGH LACTOSE

CHEESE

RICOTTA, COTTAGE
CHEESE

BEVERAGES

MILK

OTHER

EVAPORATED MILK,
YOGURT, ICE CREAM,
CUSTARD

EXCESS FRUCTOSE

VEGETABLES

ARTICHOKE (JERUSALEM),
ASPARAGUS, FIGS (FRESH),
SUGAR SNAP PEAS, SUN-DRIED
TOMATOES, TOMATO PASTE

FRUIT

APPLES, BOYSENBERRY,
CHERRIES, FRESH FIGS, MANGO,
PEARS, TAMARILLO,
WATERMELON

SWEETENERS

AGAVE, HONEY, HIGH FRUCTOSE
CORN SYRUP (HFCS)

ALCOHOL

RUM

HIGH FRUCTANS/GOS

VEGETABLES

ARTICHOKEs, CHICKPEAS*, GARLIC, LENTILS*, RED
KIDNEY BEANS, BAKED BEANS, LEEKS, SHALLOT,
SOYBEANS (EDAMAME, SOY FLOUR, SOY MILK AND OTHER
PRODUCT MADE WITH WHOLE
SOYBEAN), ONION, ONION & GARLIC SALT/POWDERS

FRUIT

APPLES (DEPENDS ON VARIETY), CURRANTS, DATES, FIGS
(DRIED), GRAPEFRUIT, NECTARINE, PERSIMMON, PLUMS,
PRUNES, WHITE PEACHES, WATERMELON

GRAINS

RYE, WHEAT, BARLEY, INULIN (MAY BE LABELED AS
CHICORY ROOT) OR FOS

NUTS

PISTACHIOS, CASHEWS

OTHER

TEAS (CHAMOMILE, FENNEL, & OOLONG),
CAROB > 2 TSP

* CHICKPEAS > 1/4 CUP CANNED OR
LENTILS > 1/2 CUP CANNED

HIGH POLYOLS

VEGETABLES

CAULIFLOWER, SWEET CORN,
MUSHROOMS, BROCCOLI, SNOW
PEAS

FRUIT

APPLES, APRICOTS,
BLACKBERRIES, NECTARINES,
PEARS, PEACHES, PLUMS,
PRUNES, WATERMELON

SWEETENERS

SORBITOL, MANNITOL,
MALTITOL, ISOMALT, XYLITOL
(SUGAR-FREE GUM, MINTS,
COUGH DROPS, & SOME
MEDICATIONS)

