

FODMAPS CHECKLIST

LACTOSE

milk, evaporated milk, yogurt, ice cream, custard.

CHEESES: ricotta, cottage, mascarpone

FRUCTOSE

<0.2g/serving

FRUITS: apples, cherries, mango, pears, raspberries, watermelon

VEGETABLES: artichoke, asparagus, sugar snap peas

SWEETENERS: agave, honey, high fructose corn syrup (HFCS)

ALCOHOL: rum

FRUCTANS/GOS

<0.2 g except bread <0.3 g/serving

FRUITS: apples-depends on variety, nectarine, white peaches, persimmon, watermelon

VEGETABLES: artichokes, cabbage, chickpeas, garlic, lentils, red kidney beans, baked beans, soybeans and some soymilk, onion, shallot, leeks, onion & garlic salt and powders.

GRAINS: rye, wheat, barley-large quantity.

PROBIOTIC SUPPLEMENT

FOOD ADDITIVES WITH INULIN OR FOS

(e.g. chicory root)

NUTS: Pistachios

POLYOLS

<0.3g/serving

FRUITS: apple, apricots, blackberries, nectarines, pears, peaches, plums, prunes and watermelon

VEGETABLES: cauliflower, mushrooms, pumpkin, green pepper, snow peas

SWEETENERS: sorbitol, mannitol, maltitol, isomalt, and xylitol (sugar-free gum, mints, cough drops and some medications)

CAUTION
 HIGH FODMAPS

FODMAPS FRIENDLY

lactose free milk, lactose free ice cream, lactose free cottage cheese lactose free yogurt and sorbet-check ingredients.

CHEESES: brie, camembert, cheddar, feta, mozzarella, parmesan and swiss.

FRUITS: banana, blueberries, cantaloupe, grapefruit, grapes, honeydew, kiwifruit, lemons, limes, passion fruit, pineapple, rhubarb, strawberries, tangelos

SWEETENERS: maple syrup, table sugar (sucrose)

ALCOHOL: most wine and beer, vodka and gin (limit to 1 drink in general as gastric irritant)

TOFU

VEGETABLES: bok choy, bean sprouts, red bell pepper, lettuce, carrots, chives, spring onion(green part only), cucumber, eggplant, green beans, tomatoes, potatoes, spinach, garlic and onion infused in oil, water chestnuts

BREADS/GRAINS: gluten free bread: check ingredients, corn, rice, or quinoa pasta, rice cakes, potato and tortilla chips, rice, quinoa, oats

NUTS: {10-15 max or 1-2 TB.} almonds, macadamia, peanuts, pecans, pine nuts, walnuts, pumpkin seed, sesame seeds, sunflower seeds

Moderate Fructans/GOS:

limit serving size

asparagus <3 spears, beetroot <4 slices, broccoli <1/2 cup, Brussels sprouts <1/2 cup, butternut squash <1/2 cup, dried fruit <1 TB., fennel bulb <1/2 cup, green peas <1/3 cup, snow peas <10 pods and sweet corn <1/2 cob

FRUITS: bananas, blueberries, grapefruit, grapes, honeydew melon, kiwifruit, lemons, limes, oranges, passion fruit

SWEETENERS: table sugar (sucrose), glucose, maple syrup and aspartame

MODERATE POLYOLS:

limit serving size

avocado <1/4, celery <1 stick, cherries <1/2 cup, lychee <5, sweet potato <1/2 cup