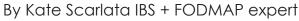
# **High FODMAP diet checklist**







# high lactose excess fructose

## **CHEESE**

RICOTTA CHEESE, **COTTAGE CHEESE** 

#### **BEVERAGES**

COW, SHEEP, & GOAT MILK

#### **OTHER**

EVAPORATED MILK, YOGURT. ICE CREAM, CUSTARD

### **VEGETABLES**

JERUSALEM ARTICHOKES. ASPARAGUS, SUGAR SNAP PEAS, SUN-DRIED TOMATOES

#### **FRUIT**

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

#### **SWEETENERS**

AGAVE, HIGH FRUCTOSE CORN SYRUP, HONEY

#### **ALCOHOL**

RUM

The FODMAP elimination diet is to be followed for a limited time, approximately 2-6 weeks. Work with a FODMAP knowledgeable registered dietitian to provide auidance on the reintroduction phase of the diet and to ensure your diet is nutritionally adequate and balanced.

## high fructans/GOS high polyols

#### **VEGETABLES**

ARTICHOKES (ALL), GARLIC, LEEK AND SCALLION BULBS (THE WHITE PARTS), SHALLOT, ONION, ONION & GARLIC POWDER, PEAS

#### **FRUIT**

CURRANTS, DATES, FIGS (DRIED), GRAPEFRUIT, NECTARINE, PERSIMMON, PLUMS, PRUNES, WHITE PEACHES, WATERMELON

#### **GRAINS**

RYE, WHEAT, BARLEY, SPELT

#### NUTS

PISTACHIOS, CASHEW

#### LEGUMES

BORLOTTI BEANS, MATURE SOYBEANS (MOST SOY MILK, SOY FLOUR), BAKED BEAN, BLACK BEANS, FAVA BEANS, KIDNEY BEANS, NAVY BEANS, SPLIT PEAS

#### **OTHER**

OOLONG, CHAMOMILE & FENNEL TEA, CAROB, CHICORY ROOT EXTRACT, INULIN OR FOS (FRUCTOOLIGOSACCHARIDE)

#### **VEGETABLES**

CAULIFLOWER, MUSHROOMS, **SNOW PEAS** 

#### **FRUIT**

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

#### **SWEETENERS**

SORBITOL, MANNITOL, ISOMALT, XYLITOL

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