

# High FODMAP diet checklist

## FOR A DIGESTIVE PEACE OF MIND

By Kate Scarlata IBS + FODMAP expert

### FOODS TO AVOID

#### high lactose

##### CHEESE

RICOTTA CHEESE,  
COTTAGE CHEESE

##### BEVERAGES

COW, SHEEP, & GOAT MILK

##### OTHER

EVAPORATED MILK, YOGURT,  
ICE CREAM, CUSTARD

#### excess fructose

##### 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 guidance on the reintroduction phase of the diet and to ensure your diet is nutritionally adequate and balanced.



#### high fructans/GOS

##### VEGETABLES

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

##### FRUIT

CURRENTS, 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)

#### high polyols

##### 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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REFERENCE: MONASH UNIVERSITY LOW  
FODMAP APP; USDA NUTRIENT DATABASE.  
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UNDERTAKING ANY COURSE OF TREATMENT,  
SEEK THE ADVICE OF YOUR PHYSICIAN OR  
HEALTH CARE PROVIDER, AS THE  
INFORMATION PROVIDED DOES NOT  
REPLACE THEIR MEDICAL ADVICE. ALWAYS  
CHECK INGREDIENTS ON FOOD TO ENSURE  
THEY COMPLY WITH THE LATEST LOW  
FODMAP DIET GUIDELINES.