

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), dates, 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)



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

FODMAP FRIENDLY!



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