

# HIGH FODMAP FOODS TO AVOID FOR A DIGESTIVE PEACE OF MIND

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## HIGH LACTOSE

### CHEESE

RICOTTA, COTTAGE  
CHEESE

### BEVERAGES

MILK

### OTHER

EVAPORATED MILK,  
YOGURT, ICE CREAM,  
CUSTARD

## EXCESS FRUCTOSE

### VEGETABLES

ARTICHOKE (JERUSALEM),  
ASPARAGUS, 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, MUSHROOMS,  
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)

