

# FODMAP

## Diet Food List

### LOW FODMAP FOOD



#### VEGETABLES

Eggplant, green beans, bok choy, bell pepper, carrots, cucumber, lettuce, potato, tomato, zucchini.



#### FRUITS

Cantaloupe, grapes, kiwi fruit, mandarin, orange, pineapple, strawberries.



#### DAIRY

Almond milk, brie/camembert- cheese, feta cheese, hard cheeses, lactose-free milk, soy milk.



#### BREADS AND CEREALS

Corn flakes, oats, rice cakes (plain), sourdough spelt bread, wheat/rye/ barley free breads.



#### PROTEIN SOURCES

Eggs, firm tofu, meats/poultry/seafood (marinated in lemon juice with olive oil, black pepper or Italian herbs), tempeh.



#### SUGARS AND SWEETENERS

Dark chocolate, maple syrup, rice malt syrup, table sugar.



#### NUTS AND SEEDS

Macadamias, peanuts, pumpkin seeds, walnuts.

### HIGH FODMAP FOOD



#### VEGETABLES

Artichoke, asparagus, cauliflower, garlic, green peas, mushrooms, onion, sugar snap peas.



#### FRUITS

Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon.



#### DAIRY

Milk, ice cream, soy milk, sweetened condensed milk, yogurt.



#### BREADS AND CEREALS

Wheat/rye/barley based breads, breakfast cereals, biscuits and snack product.



#### PROTEIN SOURCES

Legumes, some marinated meats/poultry/seafood, some processed meats.



#### SUGARS AND SWEETENERS

High fructose corn syrup, honey, sugar free confectionery.



#### NUTS AND SEEDS

Cashews, pistachios.