

# Eat This, Not That

High-FODMAP foods & what to enjoy instead

## LOW-FODMAP FOODS

## HIGH-FODMAP FOODS

### NUTS, LEGUMES, AND PROTEINS

- Beef
- Chicken
- Fish
- Pork
- Turkey
- Tempeh
- Tofu (firm)



- Some beans, including edamame and canned chickpeas (rinsed)

- Most beans and legumes, including black beans, chickpeas, lentils, and red kidney beans



- Most processed meats

### BEVERAGES, SWEETENERS, AND ADDITIVES

- Beer
- Coffee
- Honey substitutes, including golden syrup and maple syrup
- Soft drinks sweetened with sucrose

- Some sweeteners, including glucose, sucrose, and other artificial sweeteners not ending in "-ol"
- Some teas
- Spirits
- Water
- Wine (most)

- Rum
- Sodas and juices containing high fructose
- Some teas, including chamomile, oolong, fennel, and chai

- Some sweeteners, including isomalt, maltitol, mannitol, sorbitol, xylitol, and other sweeteners ending in "-ol"



### VEGETABLES

- Bamboo shoot
- Bok choy
- Carrots
- Chives
- Cucumber
- Eggplant
- Green bean
- Kale

- Lettuce
- Mushrooms (oyster)
- Olives
- Parsnip
- Pumpkin
- Radish
- Spinach
- Tomato



- Artichoke
- Asparagus
- Brussels sprouts
- Cabbage
- Cauliflower
- Fennel
- Garlic

- Leeks
- Mushrooms (button, portabella)
- Onion
- Shallots
- Sugar snap peas



### DAIRY

- Lactose-free milk:
- Almond milk
  - Hemp milk
  - Rice milk

- Other dairy:
- Coconut yogurt
  - Cottage cheese
  - Gelato
  - Sorbet
  - Hard cheeses

- Milk:
- Coconut milk
  - Cow milk
  - Goat milk
  - Sheep milk
  - Soy milk

- Other Dairy:
- Ice cream
  - Soft and fresh cheeses
  - Yogurt: regular, low-fat, and frozen

### FRUITS

- Banana
- Blueberry
- Cantaloupe
- Durian
- Grapes
- Honeydew melon
- Kiwifruit
- Lemon



- Lime
- Mandarin orange
- Orange
- Papaya
- Pineapple
- Raspberry
- Strawberry



- Apples
- Apricot
- Blackberries
- Cherries
- Dates
- Mango
- Pear
- Watermelon



### GRAINS AND BREADS

- Corn tortillas/chips
- Grits
- Gluten-free pasta
- Oatmeal
- Potato



- Popcorn
- Quinoa
- Rice
- Sourdough bread



- Barley
- Rye
- Wheat

