

Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
<p>fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p>sweeteners fructose, high fructose corn syrup</p> <p>large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p>honey corn syrup, fruisana</p>	<p>milk milk from cows, goats or sheep, custard, ice cream, yoghurt</p> <p>cheeses soft unripened cheeses eg. cottage, cream, mascarpone, ricotta</p>	<p>vegetables asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion</p> <p>cereals wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta</p> <p>fruit custard apple, persimmon, watermelon</p> <p>miscellaneous chicory, dandelion, inulin</p>	<p>legumes baked beans, chickpeas, kidney beans, lentils</p>	<p>fruit apple, apricot, avocado, blackberry, cherry, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p> <p>sweeteners sorbitol (420) mannitol (421) isomalt (953) maltitol (965) xylitol (967)</p>
				