

LACTOSE

Milk
Yogurt
Cottage Cheese
Ice Cream
Ricotta Cheese
Custard

FRUCTOSE

Apple
Boysenberry
Cherries
Watermelon
Artichoke
Asparagus
Sugar snap peas

Agave
Honey
High Fructose Corn Syrup
Rum

FRUCTANS/GOS

Artichokes
Garlic
Leeks
Shallot
Onion
Onion & Garlic Powders
Apple
Fig
Grapefruit
Nectarine
Persimmon
White Peaches
Watermelon
Chickpeas
Red Kidney Beans
Baked Beans
Soybeans
Rye
Wheat
Barley
Pistachios
Cashews
Inulin
Chicory Root
FOS
Chamomile Tea
Fennel tea
Cocoa powder
Carob
Instant Coffee

POLYOLS

Apples
Apricots
Blackberries
Nectarines
Pears
Peaches
Plums
Prunes
Watermelon
Cauliflower
Mushrooms
Pumpkin
Snow peas
Sorbitol
Mannitol
Isomalt
Xylitol
Sugar-free candies,
gum,
some medications

High FODMAP List