

## High FODMAP Foods to Avoid

### Fruit

- Apple
- Apricot
- Avocado
- Blackberry
- Cherry
- Dates
- Longon
- Lychee
- Mango
- Nashi
- Nectarine
- Peach
- Pear
- Persimmon
- Plum
- Prune
- Watermelon
- Concentrated Fruit Sources
- Dried Fruit
- Fruit Juice
- Tinned Fruit in Natural Juice

### Vegetables

- Artichoke
- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Eggplant
- Fennel
- Garlic
- Kale
- Leek
- Mushrooms
- Okra
- Onion (All)
- Peas
- Shallots
- Spring Onion
- Snow Peas
- Sugar Snap Peas
- Sweet Corn

### Dairy

- Cottage Cheese
- Cow Milk
- Cream
- Custard
- Evaporated Milk
- Frozen Yogurt
- Goat Milk
- Ice Cream
- Lactose
- Margarine
- Ricotta Cheese
- Sheep Milk
- Sherbet
- Soft Unripe Cheese
- Sour Cream
- Sweetened Condensed Milk
- Yogurt

### Legumes

- Baked Beans
- Chickpeas
- Kidney Beans
- Lentils
- Soy Beans

### Grains

- Rye
- Spelt
- Wheat

### Misc

- Chicory
- Dandelion
- Inulin
- Pistachio

### Sweeteners

- Corn Syrup
- Fructose
- High Fructose Corn Syrup
- Fruisana
- Honey
- Isomalt
- Maltitol
- Mannitol
- Molasses
- Sorbitol
- Xylitol

