



High Fodmap Foods

What to give up for 10 days to see if you could be given the new gluten diagnosis

Vegetables & Legumes

- Garlic
- Onions
- Artichoke
- Broccoli
- Asparagus
- Baked beans
- Beetroot
- Black eyed peas
- Broad beans
- Butter beans
- Cauliflower
- Celery
- Kidney beans
- Leeks
- Mange Tout
- Mushrooms
- Peas
- Savoy Cabbage
- Soy beans
- Split peas
- Scallions / spring onions
- Shallots

Vegetables & Legumes

- Buttermilk
- Cream cheese
- Cream
- Custard
- Ice cream
- Margarine
- Milk - cow, goat and sheep
- Sour cream
- Yogurt - including greek yogurt

Fruits

- Apples
- Apricots
- Avocado
- Blackberries
- Cherries
- Currants
- Dates
- Grapefruit
- Lychee
- Mango
- Nectarines
- Peaches
- Pears
- Persimmon
- Plums
- Prunes
- Raisins
- Tinned fruit in apple/pear juice
- Watermelon

Cereal, Grains, Breads, Biscuits, Nuts & Cakes

- Biscuits
- Breadcrumbs
- Cashews
- Cakes
- Egg noodles
- Pastries
- Pasta made from wheat
- Udon noodles
- Wheat bread
- Wheat cereals
- Wheat rolls
- Barley
- Bran cereals
- Couscous
- Pistachios
- Semolina