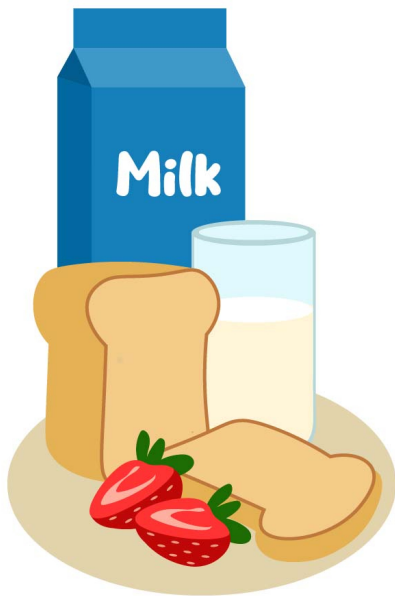


What can I eat
on the
**LOW
FODMAP**
diet?



FOOD	High FODMAP Foods	Low FODMAP Foods
Vegetables	Artichoke, asparagus, cauliflower, garlic, green peas, mushrooms, onion, sugar snap peas	Eggplant, green beans, bok choy, bell pepper, carrots, cucumber, lettuce, potato, tomato, zucchini
Fruits	Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon	Cantaloupe, grapes, kiwi fruit, mandarin orange, pineapple, strawberries
Dairy & alternatives	Milk, ice cream, soy milk (made from whole soybeans), sweetened condensed milk, yogurt	Almond milk, brie/camembert cheese, feta cheese, hard cheeses, lactose-free milk, soy milk (made from soy protein)
Protein sources	Legumes, some marinated meats/poultry/seafood, some processed meats	Eggs, firm tofu, meats/poultry/seafood (marinated in lemon juice with olive oil, black pepper or Italian herbs), tempeh
Breads & cereals	Wheat/rye/barley based breads, breakfast cereals, biscuits and snack products	Corn flakes, oats, rice cakes (plain), sourdough spelt bread, wheat/rye/ barley free breads
Sugars & sweeteners	High fructose corn syrup, honey, sugar free confectionery	Dark chocolate, maple syrup, rice malt syrup, table sugar
Nuts & seed	Cashews, pistachios	Macadamias, peanuts, pumpkin seeds, walnuts