

# High FODMAP Foods



## Vegetables

artichoke  
asparagus  
broccoli  
cabbage  
cauliflower  
garlic  
green peas  
mushrooms  
onion  
sugar snap peas

## Fruits

apples  
apple juice  
cherries  
dried fruit  
mango  
nectarines  
peaches  
pears  
plums  
watermelon

## Snack & Sweet

peanut butter  
almond butter  
rice cake  
custard

## Dairy & alternatives

milk  
ice cream  
soy milk (made from whole soybeans)  
yogurt

## Breads & cereals

wheat/rye/barley based breads  
breakfast cereals  
biscuits  
snack products

## Sugars & sweeteners

high fructose corn syrup  
honey  
sugar free confectionery

## Nuts & seed

cashews  
pistachios

## Protein sources

legumes  
marinated meats/poultry/seafood  
processed meats