

Low FODMAP diet



ENJOY

FRUITS	VEGETABLES	STARCH
Banana	Alfalfa	Gluten free bread or cereal products
Blueberry	Artichoke	100% spelt bread
Boysenberry	Bamboo shoots	Rice
Cantaloupe	Beat shoots	Oats
Cranberry	Bok choy	Polenta
Durian	Carrot	Other arrowroot, millet, psyllium, quinoa, sorgum, tapioca
Grape	Celery	
Grapefruit	Choko	
Honeydew melon	Choy sum	
Kiwi	Endive	
Lemon	Ginger	
Lime	Green beans	
Mandarin	Lettuces	
Orange	Olives	
Passionfruit	Parsnip	
Pawpaw	Potato	
Raspberry	Pumpkin	
Rhubarb	Red bell pepper	
Rockmelon	Silver beet	
Star anise	Spinach	
Strawberry	Summer squash (yellow)	
Tangelo	Swede	
	Sweet potato	
	Taro	
	Tomato	
	Turnip	
	Yam	
	Zucchini	



AVOID

EXCESS FRUCTOSE	FRUCTANS	POLYOLS
Fruit: apple, mango, nashi, pear, canned fruit in natural juice, watermelon.	Asparagus	Apple
Sweeteners: fructose, high fructose corn syrup, corn syrup, honey.	Beetroot	Apricot
Concentrated fructose: concentrated fruit, large servings of fruit, dried fruit, fruit juice.	Broccoli	Avocado
	Brussels sprouts	Blackberry
	Cabbage	Cherry
	Eggplant	Lychee
	Fennel	Nashi
	Garlic	Nectarine
	Leek	Peach
	Okra	Pear
	Onion (all)	Plum
	Shallots	Prune
		Watermelon
		Vegetables: Green bell pepper, mushroom, sweet corn
		Sweeteners: sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)
LACTOSE		
Milk: milk from cows, goats, or sheep.		
Custard, ice cream		
Yogurt		
Cheese: soft, unripened cheeses like cottage, cream, mascarpone, ricotta		
GALACTANS		
Legumes: Beans, baked beans, chickpeas, kidney beans, lentils		

