

FODMAP FOOD

VEGETABLES AND LEGUMES

Garlic - avoid entirely if possible
 Onions - avoid entirely if possible
 Artichoke
 Broccoli
 Asparagus
 Baked beans
 Beetroot
 Black eyed peas
 Broad beans
 Butter beans
 Cauliflower
 Celery - greater than Scr of stark
 Kidney beans
 Looks
 Mange Tout
 Mushrooms
 Peas
 Savoy Cabbage
 Soy beans
 Split peas
 Scallions/spring onions
 Shallots



FRUIT

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



CEREALS, GRAINS, BREADS, BISCUITS, PASTA, NUTS & CAKES

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



DAIRY FOODS

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

