

FODMAP DIET FOOD LIST

LOW FODMAP FOOD



VEGETABLES

Eggplant, green beans, bok choy, bell pepper, carrots, cucumber, lettuce, potato, tomato, zucchini.



FRUITS

Cantaloupe, grapes, kiwi fruit, mandarin, orange, pineapple, strawberries.



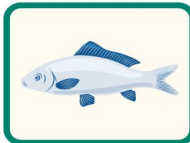
DAIRY & ALTERNATIVES

Almond milk, brie/camembert-cheese, feta cheese, hard cheeses, lactose-free milk, soy milk.



BREADS & CEREALS

Corn flakes, oats, rice cakes (plain), sourdough spelt bread, wheat/rye/barley free breads.



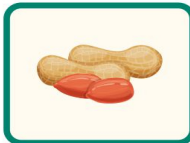
PROTEIN SOURCES

Eggs, firm tofu, meats/poultry/seafood (marinated in lemon juice with olive oil, black pepper or Italian herbs), tempeh.



SUGARS & SWEETENERS

Dark chocolate, maple syrup, rice malt syrup, table sugar.



NUTS & SEEDS

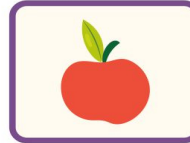
Macadamias, peanuts, pumpkin seeds, walnuts.

HIGH FODMAP FOOD



VEGETABLES

Artichoke, asparagus, cauliflower, garlic, green peas, mushrooms, onion, sugar snap peas.



FRUITS

Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon.



DAIRY & ALTERNATIVES

Milk, ice cream, soy milk, sweetened condensed milk, yogurt.



PROTEIN SOURCES

Legumes, some marinated meats/ poultry/ seafood, some pressed meats.



BREADS & CEREALS

Wheat/rye/barley based breads, breakfast cereals, biscuits and snack product.



SUGARS & SWEETENERS

High fructose corn syrup, honey, sugar free confectionery.



NUTS & SEEDS

Cashews, pistachios.