




A guide to FODMAPs

features

COMMON FOODS CONTAINING FODMAPs

EXCESS FRUCTOSE	LACTOSE	FRUCTANS	GALACTANS	POLYOLS
<p>Fruits: Apples, pears, nashi, mangoes, watermelon, tinned fruit in natural juice</p> <p>Honey</p> <p>Sweeteners: fructose, high fructose corn syrup</p> <p>Large total fructose dose: concentrated fruit sources; large serves of fruit, dried fruit, fruit juice</p> 	<p>Milk: cow, goat and sheep milk Ice-cream Yoghurt</p> <p>Cheeses: soft and fresh (for example ricotta, cottage)</p> 	<p>Vegetables: Artichokes, asparagus, beetroot, Brussels sprouts, cabbage, fennel, garlic, leeks, okra, onions, green onions (white part), eschalots</p> <p>Cereals: Wheat and rye when eaten in large amounts (e.g., bread, pasta, couscous, crackers, biscuits)</p> <p>Fruits: Watermelon, custard apples, rambutans, persimmons</p>	<p>Legumes: chickpeas, lentils, red kidney beans, baked beans</p> 	<p>Fruits: Apples, apricots, cherries, longon, lychees, nashi, nectarines, pears, peaches, plums, prunes, watermelon</p> <p>Vegetables: Avocados, mushrooms</p> <p>Sweeteners: Sorbitol (420), mannitol (421), xylitol (967), maltitol (965), isomalt (953)</p> 

✓ SUITABLE ON A LOW FODMAP DIET

FRUIT	VEGETABLES	MILK PRODUCTS	GRAIN FOODS	OTHERS
<p>Bananas, blueberries, carambola, durian, grapefruit, grapes, honeydew melons, kiwifruits, lemons, limes, mandarin, oranges, passionfruit, pawpaw, raspberries, rockmelons, strawberries, tangelos.</p> 	<p>Vegetables: Bamboo shoots, bok choy, carrots, celery, capsicums, chokos, choy sum, corn, eggplant, green beans, lettuce, chives, parsnips, pumpkins, silverbeet, green onions (green part only), tomatoes</p> <p>Onion/garlic substitutes: Garlic-infused oil</p>	<p>Milk: lactose-free, rice milk</p> <p>Cheese: 'hard' cheeses, as well as brie and camembert</p> <p>Yoghurt: lactose-free</p> <p>Ice-cream substitutes: gelati, sorbet</p> <p>Butter substitutes: Milk free margarine</p> 	<p>Cereals: Gluten-free bread/cereal products</p> <p>Bread: 100% spelt bread</p> <p>Rice</p> <p>Corn</p> <p>Oats</p> <p>Polenta</p> 	<p>Sweeteners: Sugar (sucrose), glucose, other artificial sweeteners not ending in "ol"</p> <p>Honey substitutes: Maple syrup, Golden syrup</p> <p>Sweeteners: any except polyols</p> 