

HIGH FODMAP FOODS — **AVOID**

VEGETABLES

Artichoke
Asparagus
Baked Beans
Beet*
Black eyed peas
Broccoli
Brussels Sprouts
Bulgur
Cabbage
Cauliflower
Celery
Chickpeas
Fennel
Garlic
Kidney Beans
Leek
Lentils
Miso
Mushrooms
Okra
Onion (*brown, leeks, shallots, Spanish, white*)
Peas
Shallots
Soy Beans
Spring Onion (*white part*)
Snow Peas
Sugar Snap Peas

FRUIT

Apple
Applesauce
Apricot
Avocado
Blackberry
Boysenberry
Cherry
Dates
Dried Fruit
Figs
Grapefruit*
Guava
Longon*
Lychee*
Mango
Nashi Pear
Nectarine
Papaya
Peach
Pear
Persimmon
Pomegranate*
Plum
Prune
Shredded Coconut*
Tamarillo
Tinned Fruit in Natural Juice
Watermelon

GRAINS

Barley
Chicory
Inulin
Rye
Wheat

NUTS & SEEDS

Almonds*
Cashews
Hazelnuts*
Pistachios

DAIRY & ALTERNATIVES

Buttermilk
Cow, Goat & Sheep Milk
Cream, Creamy Sauces
Custard
Evaporated or Condensed Milk
Frozen Yogurt
Ice Cream
Lactose
Soy Milk (*made from soy bean*)
Sour Cream
Yogurt

CHEESE

Cottage Cheese
Cream Cheese
Ricotta Cheese
Soft Cheeses

BEVERAGES

Chamomile Tea
Fennel Tea
Fruit Juice (*from high FODMAP fruits*)
Hot Chocolate
Instant Coffee

SEASONINGS & CONDIMENTS

Chutney, Jam, Jelly, Pickle, Relish, Salsa & Salad Dressing – *made with high FODMAP ingredients*)
Agave
Chicory
Cocoa Powder
Chocolate
Dandelion
Garlic, Garlic Salt/Powders
Hummus
Onion Salt/Powders
Tomato Paste

SWEETENERS

Fructose
High Fructose Corn Syrup
Fruisana
Honey
Isomalt
Mannitol
Molasses
Sorbitol
Xylitol

ALCOHOL

Rum
Wine (*with low glycemic Index*)

**Considered moderate FODMAPs, may be eaten in small amounts*