Foods suitable on a low-fodmap diet

grain foods

fruit banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo

fruit

Note: if fruit is dried, eat in



vegetables

alfalfa, bamboo shoots. bean shoots, bok choy, carrot, celery, choko, choy sum, eggplant, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, polenta spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini

vegetables

herbs

basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme

cereals

gluten-free bread or cereal products

bread

100% spelt bread

rice

oats

other

arrowroot, millet, psyllium, quinoa, sorgum, tapioca



milk

lactose-free milk*, oat milk*, rice milk*, soy milk*

milk products

*check for additives

cheeses

hard cheeses, and brie and camembert

yoghurt

lactose-free varieties

ice-cream substitutes gelati, sorbet

butter substitutes

olive oil

tofu

sweeteners

sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'

honey substitutes

other

golden syrup*, maple syrup*, molasses, treacle

*small quantities



Eliminate foods containing fodmaps

fructans

artichoke, asparagus,

beetroot, broccoli,

fennel, garlic, leek,

shallots, spring onion

okra, onion (all),

brussels sprouts,

fruit

apple, mango, nashi, pear, tinned fruit in natural juice, watermelon

excess fructose

sweeteners

fructose, high fructose corn syrup

large total fructose dose

concentrated fruit sources, large serves of fruit, dried fruit,



vegetables

milk from cows, goats or sheep, custard, ice cream, yoghurt

lactose

cheeses

milk

soft unripened cheeses eg. cottage, cream, mascarpone, ricotta

cereals

wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta

fruit

miscellaneous

legumes

galactans

baked beans, chickpeas. kidney beans, lentils, soy beans

cabbage,

custard apple, persimmon, watermelon

chicory, dandelion, inulin, pistachio

fruit

apple, apricot, avocado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon

polyols

vegetables

cauliflower, green capsicum (bell pepper), mushroom, sweet corn

sweeteners

sorbitol (420) mannitol (421) isomalt (953) maltitol (965) xylitol (967)



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