




An easy guide to FODMAPs

COMMON FOODS CONTAINING FODMAPs

EXCESS FRUCTOSE	LACTOSE	FRUCTANS	GALACTANS	POLYOLS
<p>> Fruits apples, pears, nashi, mangoes, tinned fruit in natural juice, watermelon</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>> Honey</p> 	<p>> Milk cows', goats' and sheeps' milk, yoghurt, ice cream</p> <p>> Cheeses soft and fresh (eg. ricotta, cottage)</p> 	<p>> Vegetables artichokes, beetroot, asparagus, Brussels sprouts, cabbage, fennel, garlic, leeks, okra, onions, spring onions (white part), shallots</p> <p>> Cereals wheat and rye when eaten in large amounts (eg. bread, pasta, couscous, crackers, biscuits)</p> <p>> Fruits watermelon, custard apples, persimmons</p>	<p>> Legumes chickpeas, lentils, red kidney beans, baked beans</p> 	<p>> Fruits apples, apricots, cherries, 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>> Fruit bananas, grapefruit, blueberries, grapes, honeydew melons, kiwifruit, lemons, limes, mandarins, oranges, pawpaw, passionfruit, tangelos, raspberries, rock-melons, strawberries, tangelos</p> 	<p>> Vegetables bamboo shoots, bok choy, carrots, celery, capsicum, chokos, choy sum, corn, eggplant, green beans, lettuce, chives, parsnips, pumpkin, silver beet, spring onions (green part only), tomatoes</p> <p>> Onion/garlic substitutes garlic-infused oil</p>	<p>> Milk lactose free, rice milk</p> <p>> Cheeses 'hard' cheeses, and brie and camembert</p> <p>> Yoghurt lactose free</p> <p>> Ice-cream substitutes gelato, sorbet</p> <p>> Butter substitutes milk-free spread</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, artificial sweeteners not ending in '-ol'</p> <p>> Honey substitutes maple syrup, golden syrup</p> 