

COMMON FODMAP

INGREDIENTS TO AVOID

A list of high FODMAP ingredients commonly found in food products.
Note it's not a complete list as new ingredients are tested often.

Agave syrup	Isomalt (E953)
Amaranth flour	Khorasan flour (kamut)
Barley	Lactose
Buttermilk	Lentil flour
Chicken salt*	Lupin
Chicory root or extract	Maltitol (E956)
Chickpea flour (besan)	Mannitol (E421)
Coconut flour**	Milk or milk curds
Dehydrated vegetables*	Molasses**
Dried fruit pieces (high amounts)	Natural flavors*
Einkorn	Onion. Or onion products (e.g. onion salt, onion powder)
Emmer	Rye if it's a main ingredient (i.e. listed first to third on ingredient list)
Erythritol (E968)**	Sorbitol (E420)
Fructans	Sour cream
Fructooligosaccharides (FOS)	Soy flour**
Fructose	Spelt if it's a main ingredient (i.e. listed first to third on ingredient list)
Fruit concentrate	Spices*
Fruit juices e.g. pear juice, apple juice	Wheat if it's a main ingredient (i.e. listed first to third on ingredient list)
Garlic. Or garlic products (e.g. garlic salt, garlic powder)	Whey Protein Concentrate (WPC)**
Glucose-fructose syrup	Xylitol (E967)
Gram flour	Yacon syrup**
Honey	Yogurt
High Fructose Corn Syrup (HFCS)	
Inulin	
Isoglucose	
Isolated fructose	

** If they contain onion or garlic*

*** Suspected but not formally tested*