






FODMAP Label Reading Guide

Use this label reading guide to identify common high FODMAP and low FODMAP ingredients. The green boxes are low FODMAP ingredients and safe to eat. The red and orange are high FODMAP and should be avoided during the elimination phase.



Breads, Flours & Pastas

<p>Amaranth flour Besan//chickpea flour Barley Coconut flour Einkorn Emmer Gram flour Khorasan (kamut) flour Lentil flour</p> <p>Lupin Soy flour Wheat bran/flour Wheat breads Gluten-free bread with high FODMAP ingredients Wheat pasta</p>	<p>Corn flour (2/3 cup) Buckwheat flour (2/3 cup) Bran (2 tbsp) Oats (2 tbsp) Millet flour (2/3 cup) Tapioca flour/starch (2/3 cup)</p>   	<p>Spelt sourdough Wheat sourdough FODMAP certified breads e.g. Alpine, Bakers Delight Gluten-free bread with no high FODMAP ingredients Gluten-free pasta</p>  
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Milk & Milk Alternatives

<p>All animal products e.g. cow, sheep & goat Buttermilk Custard Ice cream Evaporated milk Condensed milk Yogurt Milk Solids/milk curds Whey protein concentrate Soy milk made with soy beans Oat milk</p>  	<p>Cream Sour cream Marscapone Cream cheese Ricotta Cottage cheese Cream Fraiche Quark Haloumi Coconut milk</p>  	<p>Lactose free dairy* Non dairy yogurts* Cheese Soy milk made with soy protein Rice milk Almond milk</p>   <p>* check for inulin & high FODMAP fruit flavours & sweeteners</p>
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Sweeteners

<p>Apple juice Agave syrup Dried fruit pieces Fructose Fruit concentrate Fruit sugar Fructo-oligosaccharides Glucose-fructose syrup High fructose corn syrup Honey Isoglucose Isolated Fructose</p>  	<p>Erythritol (E420) Isomalt (E953) Maltitol (E956) Mannitol (E421) Sorbitol (420) Xylitol (E967) Molasses (suspected) Yacon syrup (suspected)</p> 	<p>Table sugar, brown sugar, caster sugar, powdered/icing Sugar Rice malt syrup Pure maple syrup Stevia Sucralose/splenda Equal</p> 
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Spices & Others

<p>Inulin Chicory root extract/fiber Vegetable fibre Garlic/onion powder Dehydrated vegetables</p> 	<p>All fresh and dried herbs and spices (no added onion/garlic powder), Cellulose Carrageenan Guar gum Locust bean gum</p> 	<p>Pectins Psyllium Rice / oat bran Soy sauce Xanthan gum Wheat glucose syrup Wheat starch</p> 
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