

"EAT THIS, NOT THAT" FODMAPs FOOD LIST

Aim to eat only one portion of a particular food per day to avoid stacking FODMAPs.

EAT THIS (LOW FODMAP)

Foods listed in this column can be consumed freely without worrying about FODMAP quantities.

Alfalfa
Arugula/Rocket
Asian & Collard greens
Beansprouts
Carrots
Chard/Silverbeet
Chilli, red or green
Cucumber
Kabocha/Japanese Pumpkin
Kale
Lettuces (all types)
Mushrooms (only oyster)
Olives, green or black
Parsnip
Potato (white)
Radish
Rhubarb
Seaweed/nori
Scallions (green tops, only)
Spirulina, powder

EAT THIS IN MODERATION

Foods listed in this column can be consumed in moderation.

VEGETABLES

Aubergine/Eggplant
Beetroot (pickled/canned)
Bell peppers (red)
Broccoli
Cabbage
Butternut Squash
Corn
Courgette/Zucchini
Fennel bulb or leaves
Green beans
Jicama
Okra
Pumpkin, canned
Spaghetti squash
Spinach
Sweet potato
Tomatoes
Turnip
Yam

NOT THAT

Foods listed in this column should be avoided due to high FODMAP content.

Asparagus
Artichokes
Bell pepper (green)
Cauliflower
Celery and celeriac
Garlic
Leek (white part)
Onion
Mushrooms (all other types)
Peas

FRUITS

Dragon Fruit
Durian
Guava
Mandarins
Oranges
Papaya
Prickly Pear
StarFruit

Banana- firm/green
Blueberries
Grapefruit
Cantaloupe/Rockmelon
Cranberries, fresh
Desiccated coconut
Honeydew melon
Kiwi fruit
Lemons & Limes
Passion fruit
Pineapple
Raspberries
Strawberries

Apples
Apricot
Avocado
Bananas, ripe
Blackberries
Cherries
Cranberries, dried
Grapes
Mango
Nectarine
Peaches
Pears
Plums
Raisins and sultanas
Watermelon

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CEREALS, GRAINS, NUTS, SEEDS, & FLOUR

Arrowroot
Buckwheat flour, groats
Corn flakes
Corn/maize flour
Corn tortillas
Macadamia nuts
Polenta
Quinoa, all types
Peanuts
Pine nuts
Poppy seeds
Pumpkin seeds
Rice, all types
Sunflower seeds
Tapioca flour
Teff

Almonds and almond flour
Brazil nuts
Bread (made from approved gluten-free flours)
Bread (true sourdough, no yeast)
Chia Seeds
Flaxseed/linseed
Oats, rolled
Pasta/noodles (made from approved gluten-free flours)
Pecans
Rice krispies (rice puffs)
Walnuts

Amaranth
Barley
Besan flour
Black bean pasta
Cashews
Cereal (muesli or granola with wheat or dried fruit)
Chickpea flour
Coconut flour
Cous cous
Gnocchi
Lentil pasta
Noodles (egg, udon, ramen, wheat)
Pistachios
Rye flour
Semolina
Soy flour
Wheat flour (includes bread, pasta, cakes, biscuits, cookies, muffins etc.)

MEAT, EGGS, LEGUMES AND SOY PROTEIN

Beef
Chicken
Cold cuts/ deli cuts (without high FODMAP ingredients added)
Eggs
Fish
Lamb
Pork
Turkey

Chickpeas, canned & rinsed
Edamame beans, noodles
Lentils, canned & rinsed
Lima & mung beans
Quorn
Seitan
Tempeh
Tofu (firm)

Most sausages
Processed meats with high FODMAP ingredients
Baked beans
Black beans
Cannellini beans
Most bean mixes
Tofu (silken)
Soy beans

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DAIRY AND ALTERNATIVES

Almond Milk
Cheese, firm/hard
Yogurt, plain lactose-free
Rice Milk

Cow's milk, plain lactose-free
Hemp Milk
Oat Milk
Coconut milk, canned/tinned

Cheese, cream/soft
Cottage Cheese
Cow milk
Goat milk
Sheep's milk
Soy milk

SWEETENERS, SAUCES, & CONDIMENTS

Butter
BBQ sauce (made without onion/garlic powder & HFCS)
Ketchup/tomato sauce (made without onion/garlic powder & HFCS)
Maple syrup
Margarine
Mayonnaise
Shrimp Paste
Vanilla essence/extract
Vegemite/marmite
Vinegar (apple cider, malt, red wine)

Balsamic Vinegar
Cocoa powder
Miso
Soy, fish & oyster sauce
Sweet & sour sauce
Sweeteners (Equal, Stevia, Monk Fruit, & Splenda)
Worcestershire sauce

Agave
Curry paste
Gravy mix (most)
High Fructose Corn Syrup (HFCS)
Honey
Hummus
Inulin
Isomalt
Jam (orange marmalade is the exception)
Maltitol and mannitol
Molasses
Pasta sauces (most)
Sorbitol and xylitol
Tzatziki

FATS AND OILS, HERBS AND SPICES

All herbs and spices, fresh and dried are low FODMAP. The exception is garlic and onion powders.

All fats and oils are low FODMAP, including butter, avocado, coconut and peanut oil. Garlic-infused and onion-infused oils are also low FODMAP (they retain flavors without the FODMAP compounds)

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SWEETS AND SNACKS

Corn chips
Popcorn
Potato chips/crisps (plain, salted)
Pretzels, made with approved gluten free flours
Rice crackers/cakes/crispbread

Chocolate (dark, 70%+ cocoa ideal)
Jello/jelly/gelatin

Baked goods (biscuits, cookies, cakes, pretzels, etc) made from wheat flour
Chocolate, milk and white Muesli bars
Dried fruit
Chips or snacks with onion or garlic powder

DRINKS (ALCOHOL AND NON-ALCOHOL)

Coffee (any without milk)
Tea (green, peppermint, ginger, licorice, roibos)
Water, of course!
Soda, diet/artificially sweetened
Sparkling water/soda water

Beer
Drinking chocolate (cocoa, cacao but not carob)
Juice, fresh (cranberry, lemon, lime, orange)
Spirits (gin, vodka & whiskey)
Tea (black, chai, dandelion, kombucha,
Wine, red, white and champagne

Apple juice
Coconut water
Ciders (Apple and pear)
Cocktails (mixed drinks likely to be an issue)
Mango juice
Pear juice
Rum
Sodas with HFCS
Tea (chamomile, fennel)
Wine (dessert wines)

ARE YOU INTERESTED IN PERSONALIZED GUIDANCE TO IMPLEMENT ANY OF THIS?

Watch our free video lesson on how our 'Diet vs Disease' system works and how it can help you:
www.dietvsdisease.com/free-video-lesson

Alternatively, use the camera on your phone or iPad to scan the QR code to open the video.

