

# FODMAPs FOOD LIST

by Joe Leech, RD, MSc.



## EAT THIS (LOW FODMAP)

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

## EAT THIS IN MODERATION

Foods listed in this column can be consumed in moderation.

## NOT THAT (HIGH FODMAP)

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

## 1. FRUITS & VEGETABLES

Arugula	Iceberg lettuce
Collard greens	Kabocha squash
Baby corn	Kale
(canned)	Mushrooms
Bamboo shoots	(only oyster)
(canned)	Olives
Beansprouts	Papaya
Beetroot (pickled)	Parsnip
Blueberries	Potato (white)
Carrots	Radish
Chard	Rhubarb
Chilli (green)	Romaine lettuce
Clementine	Seaweed/nori
Dragon fruit	Spirulina
Guava (ripe)	Starfruit

Alfalfa	Kiwi fruit
Banana (green)	Lemons & limes
Beetroot (canned)	Okra
Bell pepper (green)	Oranges/Mandarins
Broccoli	Pumpkin (canned)
Butternut squash	Passion fruit
Butter lettuce	Pineapple
Cantaloupe	Raspberries
Corn	Scallions (green
Cabbage	tops)
Cranberries (fresh)	Spinach
Cucumber (all)	Squash (yellow,
Eggplant	spaghetti)
Fennel leaves	Sweet potato
Grapefruit	Strawberries
Green beans	Tomatoes (all)
Honeydew	Turnip
Jicama	Yam
	Zucchini

Apples	Grapes
Apricot	Garlic
Asparagus	Leeks
Artichokes	Mango
Avocado	Mushrooms
Bananas (ripe)	(all but oyster)
Bell pepper	Nectarine
(red, yellow,	Onion
orange)	Peaches
Blackberries	Pears
Cauliflower	Peas
Celery	Plums
Cherries	Raisins
Cranberries	Watermelon
(dried)	

## 2. DAIRY & ALTERNATIVES

Almond milk	Yogurt
Cheese	(lactose-free)
(firm/hard)	Rice milk
Cow's milk	
(lactose-free)	

Hemp milk
Oat milk
Coconut milk (canned/tinned)
Soy milk (made of soy protein)

Cheese	Goat milk
(cream/soft)	Sheep's milk
Cottage cheese	Soy milk (made
Cow milk	of soy beans)

**EAT THIS  
(LOW FODMAP)**

**EAT THIS IN  
MODERATION**

**NOT THAT  
(HIGH FODMAP)**

### 3. CEREALS, FLOUR, GRAINS, LEGUMES, NUTS, & SEEDS

**Arrowroot**  
**Buckwheat flour** (groats)  
**Corn flakes**  
**Corn/maize flour**  
**Corn tortillas**  
**Macadamia nuts**  
**Polenta**

**Quinoa** (all)  
**Peanuts**  
**Pine nuts**  
**Poppy seeds**  
**Pumpkin seeds**  
**Rice** (all types)  
**Sunflower seeds**  
**Tapioca flour**  
**Teff**

**Almonds**  
**Almond flour**  
**Brazil nuts**  
**Bread** (made from approved gluten-free flours)  
**Bread** (true sourdough, no yeast)  
**Chia seeds**  
**Coconut** (shredded)  
**Chickpeas** (canned & rinsed)

**Edamame**  
**Flaxseed**  
**Lentils** (canned & rinsed)  
**Oats** (rolled)  
**Pasta/noodles** (made from approved gluten-free flours)  
**Pecans**  
**Rice krispies** (rice puffs)  
**Tempeh**  
**Tofu** (firm)  
**Walnuts**

**Amaranth**  
**Baked beans**  
**Barley**  
**Besan flour**  
**Black beans**  
**Cannellini Beans**  
**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 beans**  
**Soy flour**  
**Tofu** (silken)  
**Wheat flour** (includes bread, pasta, cakes, biscuits, cookies, muffins etc.)

### 4. SWEETENERS, SAUCES, & CONDIMENTS

**Butter**  
**BBQ sauce/ketchup** (made without onion or garlic powder & HFCS)  
**Maple Syrup**  
**Margarine**

**Mayonnaise**  
**Mustard**  
**Shrimp paste**  
**Vanilla extract**  
**Vegemite**  
**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**  
**Erythritol**  
**Gravy mix** (most)  
**High fructose Corn syrup** (HFCS)  
**Honey**

**Hummus**  
**Jam**  
**Maltitol & mannitol**  
**Molasses**  
**Pasta sauces** (most)  
**Sorbitol & xylitol**  
**Tzatziki**

### 5. PROTEINS, FATS/OILS, HERBS/SPICES

**All herbs & spices** (fresh & dried) are low FODMAP. The exception is garlic & onion powders.

**All animal proteins** are low FODMAP, except if battered or made with high FODMAP sweeteners, onion, and garlic powders.

**All fats & oils** are low FODMAP, including butter, avocado, coconut, olive and peanut oil.

**Garlic-infused and onion-infused oils** are also low FODMAP (they retain flavors without the FODMAP compounds).

EAT THIS  
(LOW FODMAP)

EAT THIS IN  
MODERATION

NOT THAT  
(HIGH FODMAP)

## 6. SWEETS & SNACKS

**Corn chips**  
**Popcorn**  
**Potato chips/crisps**  
(plain, salted)

**Pretzels** (made from gluten free flours)  
**Rice crackers/cakes/ crispbread**

**Chocolate** (dark, 70%+ cocoa ideal)

**Jello/jelly/gelatin**

**Baked goods made from wheat flour** (biscuits, cookies, cakes, pretzels, etc)

**Chocolate** (milk and white)  
**Muesli bars**  
**Dried fruit**  
**Chips or snacks** (with onion or garlic powder)

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

## 7. DRINKS (ALCOHOLIC & NON-ALCOHOLIC)

**Coffee** (any without milk)  
**Tea** (green, peppermint, ginger, licorice, rooibos)

**Water** (of course!)  
**Soda** (diet/ artificially sweetened)  
**Sparkling water/soda water**

**Beer Drinking chocolate** (cocoa, cacao but not carob)  
**Juice** (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)

Interested in personalized guidance to reach your gut health goals as fast as possible?

Watch this short video on how our exclusive 'Diet vs Disease system' works and how it will get you lasting results faster than anything else:

Tap below to watch now:

[www.DietvsDisease.com/Faster-Gut-Health](http://www.DietvsDisease.com/Faster-Gut-Health)

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




*Please read the brochure below*



# Diet <sup>vs.</sup> Disease

Personalized health on demand.





## A clinically-proven approach like no other.

At Diet vs. Disease we provide concierge-level care.

Our GI-specialist team dedicate time to understand your symptoms, medical history, diet, lifestyle and health goals.

We're the leading experts on everything that goes in and everything that comes out... so we (really) get to know you.




We utilize clinically accurate stool profiling to treat the root cause.

Our stool testing uses premier biomarkers and advanced technologies other clinicians don't have.

Combined with unique insights into digestive function, intestinal inflammation, and the gut microbiome, you get in-depth information that uncovers the root of the problem.





We hold your hand and stay by your side, start to finish.

Frequent one-to-one check-ins with your dietitian, alongside the best tools and proven techniques, ensures we stay on track to reach your goals.

You also receive unlimited messaging with your dietitian, so support is available to you whenever you need it.



Our holistic approach targets the gut, the brain, and the behaviour.

Diet is in our name, but we know gut health is much more than that.

You also get access to our mindset and psychology experts, specializing in anxiety management, vagus nerve sensitivity, the gut-brain axis, and emotional eating.



We make sure you're never  
on your own.

Access our (optional) private community that  
includes regular Q&A sessions and  
masterclasses by our GI-specialist team.

It's also an opportunity to connect and learn  
from the shared experiences of other clients  
in the program.



So that you can eat with freedom  
and live your best life.

Diet vs. Disease is a team effort. By  
partnering with our clients, 91% report  
dramatic improvements in symptoms and  
quality of life within weeks.

# Diet vs. Disease

## Premium Program

### Partner with your own GI-specialist dietitian

- One-to-one sessions every second week to understand your progress and implement the plan as required.
- Our premium clients average 9x more direct clinician time vs. the conventional health system.

### Advanced testing for underlying issues included

- Industry-leading stool profile testing is included to get clarity on the root causes and drivers of your symptoms.
- In-depth review of your results with your dietitian and tailored recommendations.
- Insights on gut health, hormones, inflammatory markers, and your nutrition status.

### Real-time personalized feedback based on data

- Detailed nutrition and health tracking with specialty app to monitor macronutrients, micronutrients, FODMAP compounds, cardiovascular health markers and more.
- Custom-made meal plans and recipes as required.



# Diet vs. Disease

## Premium Program

### Unlimited messaging between sessions

- Message your dietitian whenever you need.
- No more waiting rooms or wait lists.

### Mindset & health coaching to reach your goals

- One-to-one sessions as needed with our coaches that specialize in behavior change, mindset, and relationship with food.
- Expert support for managing anxiety, stress, poor sleep, and emotional eating.
- Full access to licensed gut-directed therapy app if required

### Exclusive clients-only group

- Weekly Q&A sessions and masterclasses by our team on topics such as nutrition, gut-brain axis, vagus nerve, psychology, behavior change and more.
- Connect and learn from the shared experiences of other members in the group. No more doing this on your own.

# Meet Our Clinicians



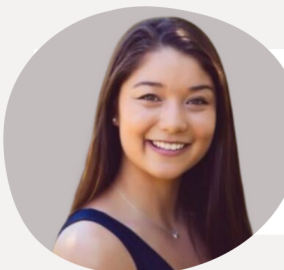
Joe Leech (RD, MSc) is an Australian dietitian based in Sweden. He graduated with a Master's degree in Nutrition and Dietetics in 2011. Joe founded Diet vs. Disease in 2019, a US company that operates worldwide.

Ryanne Lachman is a Registered Dietitian (RD) from Ohio. She has a Master's degree in Human Nutrition and Functional Medicine, and spent four years at the Cleveland Clinic Center for Functional Medicine.



Tim Matthews is a Monash-certified FODMAP dietitian that graduated with a Bachelor's degree in Nutrition & Dietetics. He is from the UK and now resides in Brisbane, Australia.

Victoria Cimino (RD) is a Monash-certified FODMAP dietitian based in San Diego. She has a Bachelor's degree in Nutrition and Dietetics and a Master's degree in Nutrition Therapy.



Taylor Hanna is a Monash-certified FODMAP dietitian that resides in Alberta, Canada. She has also completed a Master's degree in Adult Health Education and is a Certified Diabetes Educator.

# Meet Our Clinicians



Erin O'Neill (APD) is a dietitian based in Brisbane, Australia, and has over two decades of experience. She has a Bachelor's degree in Health Science and a Certificate in Paediatric Nutrition and Dietetics.

Rosie Hogg is a dietitian from the UK. She has a Bachelor's degree in both Public Health Nutrition and Nutrition and Dietetics. Rosie worked and trained as a gastroenterology dietitian at one of the UK's largest teaching hospitals



Emily Gabel (RD) is a Monash-certified FODMAP dietitian based in Ohio. She has a Bachelor's degree in Nutrition and Dietetics and trained through Ohio State University's Human Nutrition Dietetic Internship.

Rachel Manthey is a Registered Dietitian (RD) from Ohio. She has been practicing nutrition for over a decade and trained at the Cleveland Clinic Center for Functional Medicine. She specializes in gastrointestinal disorders.



Nicholas Needs is an Australian dietitian that lives in Spain (and speaks fluent Spanish). He has a Master's degree in Nutrition and Dietetics and is now training to become a doctor with the aim of becoming a gastroenterologist.



Jay Hayes is an AHA accredited Clinical Hypnotherapist and Psychotherapist from Brisbane, Australia. She has a Bachelor's degree in Arts (Psychology), and is also an AASW accredited Social Worker.

Beth Sands is an Australian Nutritionist that now lives in Portugal. She has a Bachelor's degree in Food and Nutrition science and specializes in culinary nutrition and meal planning for specific health conditions.



Julie Gold is a National Board Certified Health and Wellness Coach from Colorado. She has specialized training in cognitive behavioral coaching, motivational interviewing and insomnia management.

## Scientific Advisory Board

Dr. Jordan Shapiro (MD) is a Gastroenterologist in Texas. He focuses on disorders of gut-brain interaction (e.g. IBS), pelvic floor disorders, and patients with IBD (e.g. Crohn's disease and ulcerative colitis).



Dr. George Schatz (MD) is a Board Certified physician in Arizona. He is certified in Functional Medicine and blends the best of Primary care, Integrative Medicine, and Functional Medicine.

# Does this program work?

Read 300+ independent reviews on [TrustPilot](#).  
Watch 100+ video testimonials in our [Client Stories](#).



 **Mike Newby**  
1 review  US



5 Feb 2024

## Healthy investment!

I have been on a two year journey of digestive problems. I feel somewhat unique because this all started after having Covid. No issues prior. I was reluctant at first due to the cost of diet vs disease. However, it has been a life changing investment. My journey continues, but I'm seeing progress and hope. I have learned a ton from my dietician Ryanne. More than any doctor that I have seen. She is very knowledgeable, supportive, kind, and compassionate. I'm not sure where I would be without here guidance. The support and information you can receive from the entire DvD community is fantastic. Thank you Ryanne and the entire team!



 **Kristin Pruett**  
1 review  US



2 days ago

## After struggling with gut issues and...

After struggling with gut issues and diarrhea for 9 years with no real answers it was so reassuring to have someone in my corner to help with trial and error and not give up until we found healing for my gut. It takes time and Taylor was amazing to take the time.

 **Janice**  
2 reviews  CA



Updated 2 days ago

## Moving forward to good health

We joined this program to help my 88 year old husband's quality of life. The pain episodes were constant and his will to live compromised. Within a week his belching and bm's improvement was noticeable. We learned so many aspects of what FODMAP foods do. How to navigate moving forward to good health with quality caring dietitian coaching Taylor. With this program, the 24/7 care was paramount !!!!.. who does that? The mindset coach Julie was so very helpful and set us up with resources to continue after this program ended. Joe has a great team to lead us to wellness.

 **Ashley Van Meter**  
1 review  US



11 Jan 2024

## This is a whole health experience

This is a whole health experience. Each person who works on your file is concerned with not only your gut health, but your mental health, as well as your overall health. It is a whole person experience, where they work on the cause of your problems, not just treating your symptoms with a drug, as American medicine mostly does.

# Does this program work?

**CJ** Cindy Jones  
1 review 📍 US



4 days ago

## This program helped me so much

This program helped me so much! I was able to find out what was causing my digestion problems and really address that. My nutritionist really listened and helped to figure it out. I feel better than i have felt in 4 years

**Date of experience:** January 21, 2022

**JE** Judy Ellis  
1 review 📍 US



Dec 21, 2022

## If you are suffering from gastro-intestinal distress . . .

DvD is an intelligent program with professional consultants and expert information. I started right after I had had a bad diverticulitis attack. I have not had another attack since then. It is great to have so many resources so close via computer. The program makes you focus on your eating habits and patterns. If you want success, you have to dedicate yourself to the work. It can be time consuming, so make sure you have the time and the desire for the results.

**Date of experience:** December 20, 2022

**KD** karen donaldson  
1 review 📍 US



Dec 20, 2022

## Diet vs Disease is invaluable in all that it offers

The scope of Diet vs Disease with all it covered from 1:1 coaching, facebook groups, webinars and all the services made for an incredible learning experience. In addition the 1:1 work with the dietician was invaluable.

**Date of experience:** August 29, 2022

**RR** Ruthanne Robertson  
1 review 📍 US



Dec 11, 2022

## I Have My Life Back

I won't say it was easy, but it was worth every penny and all the time spent. Having someone with the specialized knowledge regarding gastrointestinal health was indispensable. As I went through the program, I realized I couldn't have done it without guidance.

Read 300+ independent reviews on [TrustPilot](#).  
Watch 100+ video testimonials in our [Client Stories](#).

## The Diet vs. Disease mission.

Most of us feel overwhelmed when it comes to diet and nutrition, *especially* those with a digestive disorder or disease.

It's clear that conventional systems and approaches lack the time, touch-points and support required to properly help the patient.

Our mission at Diet vs. Disease is to provide *personalized* guidance for your digestive disorder, with concierge-level support, to ensure we fix the problem...

So that you can live your healthiest and happiest life.

We look forward to meeting you!

Sincerely,



Joe Leech, RD, MSc (Dietetics)

*Diet vs. Disease*

