

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 tops)
Cabbage	Spinach
Cranberries (fresh)	Squash (yellow, spaghetti)
Cucumber (all)	Sweet potato
Eggplant	Strawberries
Fennel leaves	Tomatoes (all)
Grapefruit	Turnip
Green beans	Yam
Honeydew	Zucchini
Jicama	

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

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 of soy beans)
Cow milk	

**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)**

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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 world-renowned '**4-SURE Pathway**' works to reverse symptoms and rebuild a healthy and resilient gut.

Tap below to watch now:
www.DietvsDisease.com

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



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.

The "4-SURE Pathway"

Our world-renowned 4-step pathway to rebuilding a healthy and resilient gut. SURE is an acronym that outlines the process we follow:

SYMPTOM IMPROVEMENT

- You're paired with a leading specialist GI-dietitian who is available to you for on-demand support.
- We utilize a software/app for tracking your food and symptoms so your dietitian can understand everything going in and everything going out.
- This way we can provide precise instructions and make sure you are meeting all your nutrition needs too.

UNDERSTAND THE ROOT CAUSE

- We use evidence-based stool or breath tests to identify the root cause of your digestive issues.
- These are scientific, evidence-based tests that you can do from the comfort of your own home.
- We don't sell any supplements or try to upsell you anything.

REINTRODUCE & REBUILD

- We'll carefully reintroduce your favorite foods, rebuild a healthy gut microbiome, and help prevent symptom recurrence.
- Our mindset experts also assist with overcoming food-related challenges, boosting your confidence with food in any setting.


EAT WITH FREEDOM

- The ultimate goal is that you can eat with freedom and enjoy your life.
- We offer continuous support and a safety net throughout the process, ensuring you never feel alone in your journey.



Does this program work?

Read 500+ independent reviews on [TrustPilot](#).
Watch 100+ video testimonials in our [Client Stories](#).

 **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.

 **Virginia**
US • 7 reviews



Got what I paid for, thank you!

What made this program outstanding was the constant access to health professionals and the way the "course" is constructed, with bi-weekly consults, reading material, therapy, and a couple of really useful apps to use every day. I used the program during a particularly stressful period, which has now somewhat resolved so although the program has concluded I feel I have all the tools needed to go back and study again. As a retired RN myself, I thoroughly enjoyed the delivery systemyes, it's expensive but trucking back forth to gastroenterologists, and having invasive tests is also expensive and time consuming. I feel that I got what I paid for in spades. And Emily, my dietician, was great. . .encouraging, informative, timely and always available.

 **Ashley Van Meter**
1 review • US



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.

 **Janet**
US • 1 review

5 Jan 2025



PROGRAM IS VERY HELPFUL!

I have enjoyed working with the people at Diet vs Disease. I was diagnosed with Lymphocytic colitis and had it in remission after a few months of following a MODMAP diet I had found online. The gastrologist said to start eating foods and if they bothered me, don't eat them. I didn't like that answer and didn't want to constantly cause flare ups until I figured out what I could and couldn't eat.

After research, I found Diet vs Disease, talked to a couple of helpful people and I needed guidance on how different foods would affect me. I worked with a nutritionist who explained how the program worked and then the dietitian was amazing, she was very knowledgeable and had answers to all my questions and suggestions on how to reintroduce foods. I looked forward to zoom calls and she was quick to get back when I e-mailed her about any questions I had.

When I was finished with the program, I was given resources to continue to learn. I would recommend Diet vs Disease to anyone with digestive issues.

 **Mike Newby**
1 review • US



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!

 **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.

 **Karen Rhodes**
US • 1 review

5 days ago




I learned so much about the gut and how...

I learned so much about the gut and how not to be in pain. Most important were my three team members.

Melissa has such a patient and encouraging manor.

Aimee my coach helped me gain a different perspective on some family problems. That helped me handle them differently. It was unusual for me to be on the other side of the "couch". Aimee was always upbeat and positive. Emily, was always there answering my emails and figuring out my questions about my gut.

 **Lisa Gardner**
US • 1 review

13 Jan 2025



Diet vs disease is a great choice for...

Diet vs disease is a great choice for anyone suffering with IBS or any other gut related condition. They have a great team of dedicated dietitians, mindset coaches and support staff. They also provide many tools and resources to help manage symptoms and stress.

Does this program work?



Claudia

US • 2 reviews

10 Jan 2025



Diet vs Disease is an amazing program...

Diet vs Disease is an amazing program that has taught me how to trouble shoot and survive my surgically induced IBS-D.

I have been given the tools and knowledge to choose my foods to maximize my body's nutritional needs and avoid those that cause me problems.

My Dietitian Nutritionist, Nicholas Needs, was outstanding. I have never had such a great experience with a medical provider in all my years (74 by the way)....He was knowledgeable, explained complicated situations that I could understand and lead me on a guided analysis of nutrition and how it affects my body. I will forever be grateful.

The Diet vs Disease program also offered Nerva's hypnotherapy and wellness exercises that pulled me out of my darkest moments and provided Cronometer to analyze my food intake. The Fodmap app guided me on food selections and recipes for daily living. Our wellness coach gave me tips on dealing with the stress of this disease and Dave Glasser gave me tips on exercise to build strength and resilience.

I give this program an A+ rating!!!! I am on my own now, but feel qualified with the tools needed to tackle my nutritional needs and trouble shoot any future gut health adventures.

Sincerely,

Claudia Fitzsimmons

Woodstock, GA USA



Lisa Reynolds

US • 1 review

21 Dec 2024



Triple A+ Program.

I highly recommend this program. The amount of support offered 24-7 is amazing. I have learned what triggers my colitis and have the knowledge to manage it will. I feel 100% better than when I started. The investment of dollars was returned a thousand times over. Thank you, Diet versus Disease and thank you, Tim.



Joy Meadows

US • 1 review

18 Dec 2024



Diet vs disease is truly amazing

I highly recommend the Diet vs Disease program. For anyone with digestive disorders, they have a team that is there for you all the way. Everyone I worked with was very dedicated to helping me get back to a normal life.



Jennifer Sargent

US • 4 reviews

24 Dec 2024



Knowledge and Results

1. Understanding my situation physically and mentally
2. A plan to address my digestion issues
3. Sources of information unknown to me until now
4. Results and tools to continue healing my gut and an understanding of what to address if there is a gut issue. without panic.



Kath Skinner

AU • 1 review

2 Jan 2025



Genuine and knowledgeable helpThe accessibility of all the...

The accessibility of all the consultants and the depth of knowledge available so quickly is really impressive in this program. Each person I have worked with has been incredibly professional with a very caring attitude and a genuine desire to help restore good health. Nothing seems too much trouble for these guys. I'm still not at the end of my health journey but I feel well supported to keep investigating.



Arlene Renico

US • 5 reviews

20 Dec 2024



Wowzer--I learned so much from D. vs D.!

Wowzer--I learned so much from D. vs D.! At 68+, I thought the problems I had would never get better, and I also felt my quality-of-life had greatly diminished. I felt defeated, depressed and "stuck" in a bad place. Enter D. vs D. which gave me some hope, and even though I'm tech-challenged, I learned SO much about my gut! Thank you D. vs D., Kirsten Watts and Melissa Daniels for giving me my health, energy & my optimal life back! I feel revitalized and younger now.



Kandy Duke

US • 1 review

17 Dec 2024



Ryanne has been a wonderful dietician...

Ryanne has been a wonderful dietician to help lead my long awaited diagnosis and healing path. I've worked with several physicians over the years and they never really listened or made any helpful suggestions. I have appreciated the followup and genuine concern for my health. It's also been helpful that my time with DVD got extended since it took awhile to determine what the actual cause of my symptoms is. I'm hopeful in another few weeks I'll be feeling better than I have in a long time. Thanks Ryanne and DVD.



Donna McClarin

US • 1 review

17 Dec 2024



Better eating, better health and less symptoms

After being given a generic gastroparesis diet, I tried research and follow. This past spring I was diagnosed with SIBO and was looking for a diet that would work with both diagnosis. I found diet vs disease and decided to try it. Best decision that I have made. I have not been getting sick during the night, which was happening several times a week before the program. Not only am I eating better, I am off 2 acid reflux medicines that I had been taking.

Your team is there to help. All you need to do is follow the advice and plan, try the suggestions, and commit to feeling better.

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.

AS A Smith
US • 3 reviews



12 Dec 2024

Kristin Feiler, Dietitian

Kristin Feiler was amazing to work with as I worked on feeling better. Her expertise, knowledge, and compassion was so appreciated. Kristin's commitment to excellence and a genuine interest in helping me feel my best gave me the support I needed in helping to heal my gut. She is kind, insightful, generous, and encouraging in her approach. Thank you so much Kristin for being there to support me each step of the way! You truly are a gem and a huge asset to the DIETvsDISEASE community!

RO Roro
US • 2 reviews

6 Dec 2024



The program is so helpful

The program is so helpful! I would really recommend it. It helps you learn more how to listen to your body and eat what specifically works for you while working on your mindset too.

Not all diets work for everyone. Each one of us has specific symptoms toward certain foods that are unique to us. The team helps you figure out how to fix your gut problems.

It was a fun experience!

My digestive problems improved a lot after the program.

CA Carol
US • 1 review

4 Dec 2024



Dietitian Support and guidance

The importance of working with a dietitian to achieve success. I have less bloating and gas, lost weight, and feel healthier!

CW carol withall
US • 3 reviews

27 Nov 2024



I'm very impressed with the Diet vs. Disease program

The Diet vs Disease program proved to be very helpful in improving my digestive and gastrointestinal issues. After my initial feelings of overwhelm, (I'm 71 and barely know how to use a computer, let alone any Apps!) I was ready to give up. But instead, I received great personal support and encouragement from the staff, and by not giving up I learned a great deal about my gastrointestinal system, my symptoms, and how to manage those. And after a couple of weeks I was feeling fluent with the program's online tools being offered.

Really appreciated the ability to engage one-on-one with my dietitian and other staff. Everyone I encountered was very positive and helpful.

TA Tammy
US • 3 reviews

26 Nov 2024



This program works better than western medicine!

Every single person I talked to throughout this process was extremely kind, patient, and professional. The guidance was thorough and everything was explained to me in terms I understood. My nutritionist was excellent explaining about FODMAP's, which was foreign to me, and was available any time I had a question. The Facebook group was also very supportive answering questions on weekends and after hours. Support throughout the program was always available making it easy for my gut to recover and for me to lead a normal life.

Read 500+ 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, MSc (Nutrition & Dietetics)

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



Watch this short video on how our world-renowned '**4-SURE Pathway**' works to reverse symptoms and rebuild a healthy and resilient gut.

Tap below to watch now:
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camera on your phone or
iPad to scan the QR code
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